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EVOLUTION OF HEALING CONSCIOUSNESS

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NAUTILUS

Magazine of New Thought

*Edited by Elizabeth Towne
and William E. Towne*



In this number:

Indigestion Healed

A Radiant Personality

Affirmation Brings Larger Salary

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This is What New Thought Teaches

Taken from the Declaration of Principles Adopted at the Third Annual Congress of The International New Thought Alliance.

THE essence of the New Thought is Truth, and each individual must be loyal to the truth he sees. The windows of his soul must be kept open at each moment for the higher light, and his mind must be always hospitable to each new inspiration.

We affirm the Good. This is supreme, universal and everlasting. Man is made in the image of the Good, and evil and pain are but the tests and correctives that appear when his thought does not reflect the full glory of this image.

We affirm health which is man's divine inheritance. Man's body is his holy temple. Every function of it, every cell of it, is intelligent, and is shaped, ruled, repaired and controlled by mind.

Spiritual healing has existed among all races, in all times. It has now become a part of the science and art of living the life more abundant. We affirm that the universe is spiritual and we are spiritual beings.

We affirm the new thought of God as Universal Love, Life, Truth, Joy, in whom we live, move and have our being, and by whom we are held together; that His Mind is our mind now, that realizing our oneness with Him means love, truth, peace, health and plenty, not only in our own lives but in the giving out of these fruits of the Spirit to others.

We affirm these things, not as a profession, but practice, not on one day of the week, but in every hour and minute of every day.

(How New Thought can help YOU is taught in Elizabeth Towne's FOUR LESSONS for beginners. See back cover advertisement.)

THE ELIZABETH TOWNE CO., Inc., Holyoke, Mass.



How to Turn Your DESIRES AND IDEALS INTO REALITIES

By Brown Landone

No matter what discouragements and failures may have been yours in the past, turn to page 43 of this book and learn how YOU can have THE POWER, THE HOPE, THE FAITH, and how to follow the methods, THAT MAKE SUCCESS CERTAIN in bringing your heart's longings into the world of the actual.

Raising a man's salary from \$3,000 to \$12,000 a year is only one of the minor results of a few weeks' practice of the idealizing process taught in this book. The man who did it has written a foreword to the book, in which he vouches for the truth of the statement. (See page 3.)

"How to Turn Your Desires and Ideals Into Realities" is cloth bound, large clear type, printed jacket, 160 pages.

PRICE \$1.60

THE ELIZABETH TOWNE CO., Inc.,

HOLYOKE, MASS.

LANDONE Tells You

- How to *know* that you, yourself, can make your ideals come true. (Page 14.)
- How desire-ideals become realities. The only three activities necessary. (Page 32.)
- Attaining that which you desire is easy and certain if you carry out the three activities as directed. (Page 33.)
- How to form an ideal that will come true. (Page 37.)
- How to give your ideal a *heart of desire*, a *body of substance* and an *impulse of action*. (Page 37.)
- Firing the desire of your ideal. Making wishes into desires. (Page 42.)
- How to feed the fire of your desire when it is chilled by disappointment and discouragement. (Page 43.)
- How to create a body for your ideal. (Page 46.)
- How to give your ideal the impulse of *action* to make it real. (Page 49.)
- The 12 factors, including visualization, that will make your ideal *live*. (Page 50.)
- Try this new process of adding *action* to visualization. (Pages 51-52.)

NAUTILUS NEWS

BY THE EDITORS

NAUTILUS tells you how to use New Thought to gain Health, Happiness, Prosperity, and the solution of your great life problems. Read "What New Thought Teaches," on page at left.

WHAT A KANSAS WOMAN GOT FROM NAUTILUS.

"I had what three doctors said was valvular heart trouble and nervous prostration. Was able to work only two or three days a

week, then a breakdown.

"For three years I took four strychnia tablets a day. When that did not stimulate the heart sufficiently, I took nitroglycerine, and lived in constant dread of the awful exhaustion that came about the close of the day.

"Then I ran across three old copies of *Nautilus*, and became a regular reader. I only wish I could put into words that divine, peaceful calm that came to me as I read them. I got up rejoicing. For some months I have had perfect health and weigh 5 pounds more than my average. I meet old friends and they marvel at the great change, for no one thought that I could be well again. I can now work every day and all day."—C. D., Kans.

There are tens of thousands of persons who might be benefitted by reading *Nautilus* and practicing what it teaches, just as this Kansas woman was. Will you find *one* and call the magazine to his (or her) attention?

TO NEW SUBSCRIBERS THIS MONTH.

We will send free to each new subscriber during July a copy of the little booklet by Paul Ellsworth, "How to Go Into the Silence," PROVIDED it is requested when the subscription is sent in.

LOOK OUT FOR AUGUST NAUTILUS.

Dr. Boyd's lesson for August is entitled "*The Source of Healing Power*." He illustrates his point by relating a case of healing of epilepsy.

To show how suggestion often awakens the healing consciousness, even when the principle is neither recognized nor understood, he relates an amusing incident of his own healing at the age of four.

"*Why be Self-Conscious*," by Emma Gary Wallace. A process for overcoming undue sensitiveness, that has proved very successful.

"*How I Directed My Subconscious Mind for Healing*," by Elinor Dale, tells how an abscessed tooth was quickly healed and new hair stimulated to grow.

"*My Experience With Dreams that Foretold Future Events*," by C. B. There is no more

Say you saw it in NAUTILUS. See guarantee, page 5.

Important Notice To Nautilus Subscribers

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interesting form of psychic phenomena than dreams in which the future is revealed. The author of this article writes only of her own experiences, which are truly remarkable for the extent and accuracy of the revelation of coming events. Is such a revelation due to some unused power in the individual by which he is able to look ahead, as a man walking on a highway might get a view of what is coming? Or is it due to some faculty that senses or receives truth and wisdom from some source outside the conscious self, perhaps from the Universal Source? Read these wonderful experiences in August Nautilus.

"How I Healed My Daughter of Tuberculosis." The young lady gained 30 pounds, and is now "in perfect health."

Dr. Lay will write about the "Mistakes" and the "Perversity" of Willie.

"An Affirmation for the Realization of a Loving Marriage," by Elizabeth Towne.

Mr. Landone, in the August instalment of "HEALING WITHOUT FAILURE"; tells how a Texas hotel man and his wife had faithfully affirmed Abundance for seven years—and yet they were hundreds of dollars in debt. After bringing out the value IN THEIR OWN SOULS by the method explained in this article, and following the method for ten months, they reported \$1,100 in bank and clearing a net profit of \$400 a month. Be sure to read Mr. Landone's article in August NAUTILUS.

A BOSTON NEWSPAPER CORRESPONDENT SAYS: "One of the most interesting of clubwomen with whom the writer has come in contact is Mrs. William E. Towne of Holyoke, president of the Hampden County Women's Club. Mrs. Towne has been appointed chairman of the newly-created interstate lecture bureau established last September by the New England Federation of Women's Clubs."

I have studied with pleasure "Financial Success Through Creative Thought," by Wallace D. Wattles, and I want to say it is the best work that I have ever read on the subject.—HENRY W. BORDERS, Bear Creek, Wyoming.

I have been admitted to candidacy for the degree of Doctor of Philosophy at University of Chicago, having passed required examinations and finished my official work. Took my Master's degree a few years ago. It has been a privilege to have had NAUTILUS and your other writings to aid me over the difficult places and to show me how to lead my four little ones. Your lofty vision and splendid enthusiasm, dear Elizabeth Towne, have, indeed, been a vital factor in guiding me on. Your remarkable capacity for leading others into the Truth, places you among the world's most notable women. We thank you.—ELSIE MILNER MICHOD (Mrs. C. L.), Chicago.

"Can work hard now all day"



Elizabeth Towne

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THE INTERNATIONAL NEW THOUGHT ALLIANCE, 311 Ouray Bldg., Washington, D. C.



If Ben Franklin could only come back—

It was 172 years ago that Franklin flew his kite and brought electricity down from the clouds. In these 172 years, humanity has made more scientific progress than in all the centuries before.



Among the present-day successors of Benjamin Franklin are the scientists in the research laboratories of the General Electric Company. Their untiring experiments bring forth devices by which electricity does more and better work.

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GENERAL ELECTRIC

Say you saw it in NAUTILUS. See guarantee, page 5.



Grab it! *Before it also gets away*

It is generally supposed that only one real opportunity comes to the individual in the course of his whole lifetime, and that if he neglects that one opportunity he is thereby doomed to disappointment, failure and unhappiness.

But this supposition is incorrect. As a matter of fact, life is crowded full of opportunities, from the rosy dawn of youth to the dull twilight of age. The fact that one, or a dozen, may have been neglected and lost does not mean that no more will come. The majority of them come and go without being recognized, but they come and go none the less. Of course, some opportunities are bigger and better than others, and in the very nature of things there must come to each human being a few that are more important than all the rest. As you read this page, one of these few tremendously important opportunities is passing within your reach. For the moment it is yours, and

IT WILL COST YOU NOTHING TO GRASP IT

But, like all other opportunities, it is passing with winged speed; and if you read this page and pass on to something else, it will be gone.

This is one of your great opportunities because by taking advantage of it you will get acquainted with a source of wisdom and power that will enable you to make your life practically anything you want it to be. That source is within yourself. It is the "spark of the divine" which has so often whispered to you that you were something vastly higher and better than moulded clay, and urged you on to greater achievements, larger success, and a nobler, happier life. Once you get acquainted with it, and take it into partnership, the shackles that have handicapped you in life's race will fall away, and you will be guided safely

and unerringly to the goal of your dreams. If you are a failure or a half-success in your business or occupation, it will make you abundantly successful. If you are sick, it will lead you to health. If you are lonely and forlorn, it will bring you companionship, love and happiness.

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THE NAUTILUS

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Paul Ellsworth
Brown Landone
Wilfrid Lay

These are
Some of
The Nautilus
Contributors
For 1924-1925
Others
Coming

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ANDERSON, Ind.—Glen M. Tait, Farmer's Trust Bldg.
AURORA, Nebr.—Mrs. J. N. Cassell, 1004 18th st.
BALTIMORE, Md.—New Thought Center and reading room, 603 N. Paca st. Rev. Grace A. M. Bratcher. (Col.)
BOSTON, Mass.—Mrs. Mary E. T. Chapin, 158 Newbury st. Mid-week meeting. (M)
 —Astrological and Occult Book Center and New Thought Library, 687 Boylston St.
 —The Metaphysical Club, 177 Huntington av., Fri. 3 p. m., Sun. 8 p. m. (M)
BOURNEMOUTH, England.—Mrs. Helen Rhodes Wallace, leader, 127 Lowther Road. (M)
BRIDGEPORT, Conn.—The Bridgeport New Thought Center, 189 State st. (M)
BROOKLYN, N. Y.—Radiant Center, Mrs. T. Showdy, 950 Greene av. (M)
BUFFALO, N. Y.—League for the Larger Life, 152 Elmwood av., 2 to 5 and 7 to 9 p. m. Tupper 5486. (M)
CENTRALIA, Ill.—Metaphysical Book Shop and Reading Room, 520 N. Locust st.
CHESILHURST, N. J.—New Life Fraternity. Mrs. Grace Collins, 59 New st., Woodbridge, N. J. (Col.)
CHICAGO, Ill.—Chicago First Unity Society, 500 Capitol Bldg., 159 No. State st. Nellie McCollum, Leader.
CINCINNATI, Ohio.—New Thought Temple, 1216 Mercantile Lbr. Bldg. Mrs. May Cornell Stolber, Leader. (M)
 —Cincinnati Unity Center, Frederick Elias Andrews, Burnett House, 309 Vine. Daily 12 and 2. (M) Phone Main 2792.
 —New Thought Universal Truth Center, 11 W. McMicken Ave. and Vine st. Leader, Wilhelmina Bickett.
CLEVELAND, Ohio.—Cleveland Truth Center, 725 Hickox Bldg. Mrs. Mary A. Prince, Leader.
COLLISON, Ill.—Truth Center. Mrs. Mary Fritz.
COLORADO SPRINGS, Colo.—New Civilization Center, Mrs. M. S. Rossignol, 116 E. Platte. (M)
DALLAS, Tex.—Unity Self Help Circle, 1631 Pine St. Mrs. George W. Keeley, Secretary. (M)
DENVER, Colo.—The Colorado College of Divine Science, 1819 E. 14th Av. Rev. Nona L. Brooks, Pres. (M)
DES MOINES, Iowa.—Nautilus New Thought Center, Miss Juanita M. Meyer, 409 Brown Hotel. 5:30 to 8:00 evenings.
DUMONT, N. J.—New Thought Center and Rest Home for N. T. people. Mrs. C. E. Bennett. (M)
EDINBURGH, Scotland.—Edinburgh New Thought Center, 37 Castle st. Library. (M)
FOLSOM, W. Va.—Mrs. J. W. Scott.
FT. WAYNE, Ind.—Mrs. Margaret Coan, 2505 S. Barr st. 1st. and 4th. Fri. 8 p. m. (M)
HAMILTON, Ohio.—New Thought Unity Temple, 7th St.
HONOLULU, T. H.—Metaphysical Center, 1041 Alakea St. (Laniakea) Mrs. M. D. Moncrief, Pres.
 —Metaphysical Centre, Laniakea Library and Reading Room. Open meetings on Tuesday afternoons and Wednesday evenings.
HOUSTON, Texas.—Unity Metaphysical Center, 1 & 2 New Majestic Theatre Bldg. Mrs. Edith V. Michaux. (M)
INDIANAPOLIS, Ind.—Unity Truth Center, 1115 Odd Fellows' Bldg., Muriel G. Powell, Leader. (M)
JACKSONVILLE, Fla.—Unity Center, 301-302 Clark Bldg., cor. Main and Monroe sts. Lois M. Albertson. (M)
LANSING, Mich.—Practical Christianity Class. Mrs. Bessie Finkbeiner, 830 Seymour av. (M)
LAS VEGAS, Nevada.—Metaphysics Circulating Library. P. O. Box 380. Hazel Hefner, Librarian, Old Town.
LEXINGTON, N. C.—Esoteric Brotherhood, R2. President, Agnes E. Marsland. (M)
LOS ANGELES, Calif.—Hall of Psychology, 1003 W. 7th st. Meetings every noon.
 —New Thought Center of Spiritual Helpfulness, 5448 Lemon Grove av.
 —Metaphysical Circulating Library, 909-914 Black Bldg. (M)
 —The Brotherhood of Light, 818 Union League Bldg. (M)
MELBOURNE, Australia.—New Thought Book Depot and Lending Library, 229 Collins st.
MEXICO CITY.—"Libreria Orientalista" Tacuba 53. Mr. Luis Leal. "Libreria Teosofica" (M) Rosales 22.
MILWAUKEE, Wisc.—First Unity Center of Milwaukee, 130 Onelda st. (M)
MINNEAPOLIS, Minn.—The New Life Fraternity, Dr. Amelia A. Randall, 3744 4th av., south. (M)
MONTREAL, Canada.—86 Park Av., Mrs. Evelyn Le Moine Bru-nau.
NEVADA, Mo.—Weltmer School and Sanitarium, 206 South Ash st. Free Library. (M)
NEWARK, N. J.—Unity Truth Realization Society, 435 Fourth av., near Roseville av.
NEWARK, O.—New Thought Study Class. Public Library Assembly Room. (M)
NEW ORLEANS, La.—New Orleans Truth Center, 1311 St. Charles Ave., Eleanor G. Graham, President. (M)
NEW YORK CITY.—Applied Psychology Asso., Hotel Astor, Leader Anna C. Noble.
 —Mrs. Mary E. T. Chapin, Hotel Commodore. Sun. Service. Commodore Ballroom, 11:15 (M) Interviews and classes.
 —League for the Larger Life, 222 W. 72d st. (M)
 —The Goodyear Metaphysical Book Shop, Inc. 25 West 42d st. Rooms 222-3-4. (M)
 —Oasis The. Grace E. Williams, 158 W. 72d St., Sunday Morning and Evening Services; Meetings nightly except Saturday.
 —Sears Philosophy Library, 828 Seventh Av. (near 54th St.)
 —Unity School of Scientific Christianity, 350 West 57th st. Rooms 517-518. (M)
NIAGARA FALLS, N. Y.—New Thought Center, 358 Prospect st. Thursday, 7:30. Mrs. John C. Level. (M)

NO. WINDHAM, Maine.—World's Helpers of Humanity.
OAKLAND, Cal.—Sarah C. Morse, 454 Ellita and Grand Ave.
 —Metaphysical Library, Room 408, Central Bank Bldg.
 —Truth Center. Ebell Club Bldg., 1440 Harrison St. Mrs. Letitia A. Andrews.
OKLAHOMA CITY, Okla.—First New Thought Center, 212 Baltimore Bldg. Dr. L. H. Hillsmeier, leader. (M)
 —Palo Alto. Palo Alto Truth Center, 565 Hamilton. Lorinda B. Kennedy—Tr.
PHILADELPHIA, Pa.—Dr. Elizabeth M. Clark, 1411 North 18th st. By appointment.
 —Emmanuel Center, Margaret Cutting-Ives, 1327 Spruce st. Daily. (M)
 —Unity Center of Truth, Unity Bldg., 236 So. 13th st.
PITTSFIELD, Mass.—New Thought Center, Pub. Libr. Lecture Room, Tues. 3 p. m. Emilie D. Clark, leader.
PORTLAND, Ore.—Metaphysical Library, 212 Central Bldg., 10th and Adler. Nettie Taylor Kloh. (M)
PROVIDENCE, R. I.—New Thought Center, 72 Weybosset st. Room 307. (M)
RENO, Nevada.—Radiance Center of Love. Geo. Miller, Sec. Saturno Hotel.
SAN DIEGO, Calif.—New Thought Center, Park Hotel, 3359 5th st. Rooms 60, 61, 62, Mary C. Perkins. (M)
SAN FRANCISCO, Calif.—Metaphysical Library, 466 Geary St., Room 412. Free Reading Room. Noon talks. (M)
 —Olivia Kingsland, Sussex Hotel, 701 Sutter st. (M)
 —Home of Truth 1919 Sacramento st., near Gough st.
 —Metaphysical Studio, class and individual instruction. Rev. Geo. C. Golden, 68 Post st.
SANTA BARBARA, Cal.—Truth Center, 39 Mihran Studio Bldg., East Carrilla st. (M)
SANTA MONICA, Calif.—The Truth Seeker's Center, 1317 Ocean Ave., Dr. and Mrs. G. D. Wilcoxon, leaders. (M)
SEATTLE, Wash.—Raymer's Old Book Store, 1330 First ave. (M)
 —The Center of Christian Philosophy, Rooms, 537-538 Waldorf Hotel.
SPOKANE, Wash.—Spokane Book and Stationery Co., 903 Riverside ave., Opp. P. O. Free reading room. (M)
SPRINGFIELD, Mass.—Unity Center, 358 Main st. Mrs. Mary Margeson. Meetings Wed. 3 p. m. (M)
ST. PAUL, Minn.—Society of Truth, Mrs. A. C. Mareluis, Sec., 446 A. Wabasha st.
ST. LOUIS, Mo.—New Thought League Headquarters, 509 North Newstead ave. Phone Delmar 1936. (M)
 —North Side Society of Practical Christianity, 4300-08 Gane ave. Chas. Schlag, Pastor. (M)
 —Society of Practical Christianity, Divine Science, 3617-19 Wyoming st. H. H. Schroeder, Pastor. (M)
 —St. Louis Truth Center, 4030 Lindell Blvd. Rev. Emil C. Hartmann, leader. (M)
SYRACUSE, N. Y.—Miss Katherine Carter, Reading Room, No. 2, 155 East Onondaga st. (M)
TACOMA, Wash.—Metaphysical Center, 719 E st. Lela D. Combs, leader. (M)
TAMPA, Fla.—Truth Center, 112 Hyde Park Place. Margaret M. Mahaffey. (M)
TRENTON, Tenn.—"Silent Center," W. H. Campbell, leader.
WARREN, Ohio.—Church Transcendent, 360 Palmyra st. Bookshop 314 Main st. (M)
WASHINGTON, D. C.—League for the Larger Life, 1814 N. st. N. W. (M) Universal.
 —Metaphysical Library, 1627 K st., N. W. Universal.
 —National Center of Christ Healing and Christ Service, 812 17th St. N. W. Second floor. (M)
 —Capitol Service Center, 632 Pa. av., N. W. (M)
WORCESTER, Mass.—Worcester Metaphysical Center, 216 Day Bldg., 306 Main st. (M)

BOOK STORES

The following is a list of Book Stores and News Stands where Nautilus and New Thought Publications may be had.

CANTON, Ohio.—Ralph W. Young, 139 Cleveland Avenue, S. W.
CHICAGO, Ill.—The Advanced Thought Publishing Co., 216 W. Austin Ave.
 —Brentano's 218-244 S. Wabash avenue.
 —Purdy Publishing Co. New Thought Book Shop, 1723 Stevens Bldg., 17 N. State st., and 16 N. Wabash av.
 —The Temple Art Galleries, 1231 East Sixty-third st.
GRAND ISLAND, Nebr.—The Book Shop, Tucker Bros., 112 South Locust st.
HARROGATE, England.—Talisman Publishing Co., 526 Station Pde.
KANSAS CITY, Mo.—Wayfarers' Libraries, 1107 E. 31st St.
LONDON, E. C. England.—C. Maurice Dobson. The Bureau, Shakespeare House, 9 Fortis Green, East Finchley.
LONDON, E. C., England.—L. N. Fowler & Co., 7 Imperial Arcade and 4-14 Imp. Bldg., Ludgate Circus.
LONDON, W. I., England.—"The Rally," 39 Maddox st.
LOUISVILLE, Ky.—W. K. Stewart Co.
NEW YORK CITY.—R. H. Macy & Co., Herald Square, Center Publishing Co., 823 7th Ave.
 —Dr. Sydney H. French, 2407 Seventh Ave.
 —John Wanamaker.
 —Book Corner Shop, 222 West 72nd st.
 —The Harmony Book Shop, E. Zimmerman, 51 West 50th St.
OTTAWA, Kans.—Fred Kaiser, 232 S. Main St.
PERTH, W. Australia.—Albert and Son, Ltd., 180 Murray St.
PHILADELPHIA, Pa.—John Wanamaker.
SALT LAKE CITY, Utah.—Shepard, The Magazine Man, 209 Judge Bldg.
SANTA MARIA, Cal.—Valley Variety Store, Hotel Grayson Bldg., 221 So. Broadway.
SEATTLE, Wash.—Raymer's Old Book Store, 1330 First Ave. (M)
SPOKANE, Wash.—John W. Graham & Co.
SYDNEY, N. S. Wales, Australia.—Coles Book Arcade, 333a George st.
TACOMA, Wash.—Raymer's Old Book Store, 1317 Pacific Ave.
THE AMERICAN NEWS COMPANY supplies NAUTILUS on a returnable basis to all newsdealers.

Say you saw it in NAUTILUS. See guarantee, page 5.



"Why do so many men never amount to anything? Because they don't THINK."

—Edison

This book will give you some valuable information about a new, practical system of constructive thinking that brings business and personal achievement.

MARK TWAIN once said that the average man didn't make much use of his head except for the purpose of keeping his necktie from slipping off.

And Prof. William James claimed that the average man uses only about a tenth part of his brain.

How about you? Are you using your head simply as a scarf-retainer? Are you using only 10 per cent of your brain? Are you sitting discouraged and discontented, at the foot of the ladder simply because you don't think?

Mind is the measure of every man. Mental power—not physical power—wins business battles and builds bank accounts.

The man with brains to sell fixes his own price, but the man who brings only brawn to market must be satisfied with the lowest wage that brute force brings.

In every age, in every clime and in every field of human endeavor the trained thinker wins where the thoughtless toiler fails.

Twain, James, Edison, Roosevelt, Rockefeller, Schwab, Carnegie, Woolworth, Wanamaker, Morgan, Hill, Harriman, Ford, Marconi, the Wright brothers and all other successful men reached their goals not because they knew how to use their muscles, but because they knew how to use their minds.

Only One Road to Success

Yes, indeed, there is only one road that leads to success, and that is the mental road. If you expect to accomplish anything worth while by any other method than the development and use of your mental faculties, you are simply deceiving yourself. And the biggest fool in the world is the man who fools himself.

Isn't it simply absurd when you stop to think about it, that most people are striving for success and yet are doing absolutely nothing to strengthen and develop their minds, which is the only part of them with which they can ever hope to win success?

The principal reason that the trained thinker gets ahead is because he has so little competition.

The unthinking toiler works hard for small pay because almost anyone can do his work.

What are you doing—as the days go by—to develop your mind? Are you more efficient mentally than you were a month ago—or a year ago?

Missing Success By A Hair's Breadth

The difference between success and failure is often but the breadth of a hair.

The man who is making twice as much as you are, has nowhere near twice the intellectual ability. The man who enjoys an income of \$10,000 a year is not five times the mental superior of the man who receives only \$2,000.

Probably the man who makes \$1,000 a month is only 10% to 20% better trained mentally than the man who is trying to make both ends meet on \$100 a month. This is a fact. And it should be a most encouraging fact to every man who wants to be somebody and get somewhere.

Improve your mental power only 10% and you will multiply your earning capacity by at least 100%.

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Send for a copy today. It tells about the most practical, common-sense system of constructive thinking—the easiest and quickest method of mind-building ever discovered—the secret of developing mental power in a way that is as fascinating as a game.

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Send for *The Secret of Mental Power* now. Do not delay. Do not put it off. Tomorrow you may forget all about it. And the loss will be yours, not ours. For although we have printed an edition of 20,000 copies, we do not expect to have a single one left at the end of thirty days. They are going—and going fast. Therefore, act at once, for as Sophocles so truly said, "Heaven never helps the man who will not act."

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Nautilus 7-24

Say you saw it in NAUTILUS. See guarantee, page 5.

FEAR Is Your Worst Enemy

I mean by this, **FEAR OF SELF**, rather than fear of outside forces. You may be very brave in physical combat and have fear in the form of lack of self confidence; self esteem and positiveness; doubt; worry; overseriousness; anxiety, etc., that is wrecking your mind and body and causing failure in all you undertake. Fear causes confusion, a clouded mind, mental anguish, takes all the joy out of life; and through its depression develops physical forms of weakness through the nerve supersensitiveness and functional inaction that is created. In nine cases out of ten **FEAR** is responsible for **UNHAPPINESS, NERVOUSNESS, PHYSICAL DISORDER** and **LACK OF SUCCESS**. Fear leads to discouragement and most cases of insanity and suicide can be directly traced to it.

Read What Some of Our Government Experts Had to Say About Fear

"Experiments made at the Laboratory of Psychology at Washington, D. C., have demonstrated that certain emotional thoughts cause a chemical action to take place in your body that injects a poison into your blood. The poison of **FEAR** will kill a guinea pig in a few minutes. An hour of intense hatred or fear will throw off enough poison through the breath to kill fourscore human beings." This means that you suffer from an acute case of auto-intoxication.

ARE YOU GIVING YOURSELF A FAIR CHANCE?

Nature does not say in the beginning of life to one child—**YOU** are to be strong, happy and truly successful; and to another—**YOU** are to be weak, limited, full of fear, unhappy and a failure. The chief difference we find in men and women is due to **TRAINING** and **DEVELOPMENT**. In one case there is a lack of understanding of self, your own powers and just how to use and direct them; and in the other case, perhaps through a wiser childhood training, there is a realization of power and its use. Electricity will do some wonderful constructive things, but if not understood and the energy is misdirected it will kill. **IT IS THE SAME WITH THE POWERS IN YOU.** They are **ALL** of a constructive nature if wisely directed. If you are weakened and limited it does not mean that you are minus any of the essential powers, but simply that they are in a habit state of weakness.

Free Yourself From Fear and Nervousness

The fact that it is in your power to remould your life, to awaken your slumbering powers, to renew and redevelop your mind and body, to become healthy, happy and successful and make your dreams come true; is vouched for by the fact that over **8,000 PEOPLE HAVE SUCCESSFULLY ACCOMPLISHED THIS UNDER MY DIRECTION** during the past seventeen years. There is a cause for **ALL** disorder and inharmony and this cause **CAN BE REMOVED**. My methods combine a harmonious and scientific blending of both **MENTAL** and **PHYSICAL** measures.



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To those who purchase my book, **SELF MASTERY THROUGH UNDERSTANDING**, and are **REALLY** in earnest and wish to better their condition of mind and body, I will mail with the book a complete case sheet and give you a **PSYCHOLOGICAL ANALYSIS OF YOUR CASE FREE** and without any obligation on your part. This calls for considerable time and thought and I cannot do this for those who are mere curiosity seekers.

This book contains splendid articles on **FEAR, FAITH, SUCCESS, HABITS, CHRONIC DISEASE**, etc., and is pronounced by many to be priceless. You will miss a real treat and a lot of very valuable information if you fail to send for this book. This **90-PAGE BOOK**, with case sheet, will be mailed to you upon receipt of **25 CENTS IN STAMPS**. Sit down and **WRITE AT ONCE**.

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Say you saw it in NAUTILUS. See guarantee, page 5.

Last Announcement

(Before September 1924)

Of Landone's Help in Study of Hidden Causes



Summer is the Time to Give the Soul a Vacation. To Free Yourself of Causes, Unknown to Your Conscious Mind, and Hence Oftentimes Preventing You from ATTAINING THAT WHICH YOU DESIRE.

HIDDEN CAUSES: The service is **INDIVIDUAL HELP** in discovering and revealing unused capacities, suppressed instincts, impulses, desires, emotions and thoughts which prevent you from demonstrating those things, attitudes, and conditions to which you have a divine right.

INDIVIDUAL: This is **NOT** a course of general lessons. It is particular individual help by personal confidential correspondence with Mr. Landone.

THE HELP YOU NEED: You are earnest and intelligent. If your problems are not solved, certainly the causes are *hidden* from your conscious mind. As soon as you *know* the hidden causes, you can solve your problems and attain what you wish.

A PRIVILEGE: Mr. Landone's help is a *privilege* given to others, **NOT** a service sold for profit.

WHEN TOO MANY REGISTER: In April and May there were no announcements of Mr. Landone's *individual help* because so many had previously registered that it took time to catch up with the work. So also no other announcement of this work will now be made until September.

OPPORTUNITY AT PRESENT: This month is the time to register for *individual help* in understanding Hidden Causes for work to be done in July and August.

NUMBER LIMITED: As this is personal work, **NOT** done for profit, hundreds can **NOT** be accepted, —hence **THIS** month,—only 20 will be taken for Health; 20 for Success; 20 for Personal Problems.

28 COMMENDATIONS IN ONE DAY.

Readers often *mistakenly* assume that only the best commendations are chosen for printing in a place like this; hence we are here choosing the first **FIVE OF THE 28 RECEIVED IN ONE DAY**, prior to sending this announcement to the magazine:

NEW POSITION AND A NEW LIFE: "I am accomplishing wonderful results now; I thank Mr. Landone from the bottom of my heart. I have achieved more in the short time that I have studied under Mr. Landone than I could have achieved in a lifetime by myself,—and the beauty of it is, that I am now building upon a solid concrete foundation.

"You possibly never will know the value of your first Message to me. It completely revolutionized my whole world,—that is, the following phrase: 'Man can bring into manifestation whatever he idealizes and **THRUSTS INTO ACTION.**'

"I was out of work. I studied the message till it was written on my mind as clearly as it was on the page. The next day after receiving the message, I had a position. I am turned around on the right road again,"—**A FORMER DESPAIRING BUT NOW OPTIMISTIC MAN OF THE FAR WEST.**

REVIEW OF A WRITER'S WORK; FAVORABLE FOR THE FIRST TIME: "In the review of my scenario these words struck me forcibly, 'I hesitated long over your study: it was so *vividly* written.' This is really the first encouraging criticism I have ever had,"—**Y. W. C. A. SECRETARY AND WRITER.**

HAPPINESS ON THE WAY: "When I first wrote

to you for help I did so mainly because of the unhappiness in my home life. I can attribute the result only to the attention I paid to your advice. I find today that my wife is **ACTUALLY TELLING ME** that she retains much affection for me,"—**NORTH-WEST BUSINESS MAN.**

PRIVATE LIFE AND BUSINESS CHANGED: "It would take a lot of space to tell you of the activity you have started in my **BUSINESS** and **PRIVATE life,**"—**HEAD OF A CANADIAN INSURANCE OFFICE.**

MARVELOUS CHANGE TO HEALTH: "The bowel action is fast becoming normal. To me it is most wonderful to have lived these past several weeks without the aid of either enema or cathartic—especially after *four years* of the daily use of one or the other and oftentimes both. I can scarcely realize that I am this person who lives with so much freedom. I eat all kinds of food! And the way my food is assimilated!—it is nothing short of marvelous!

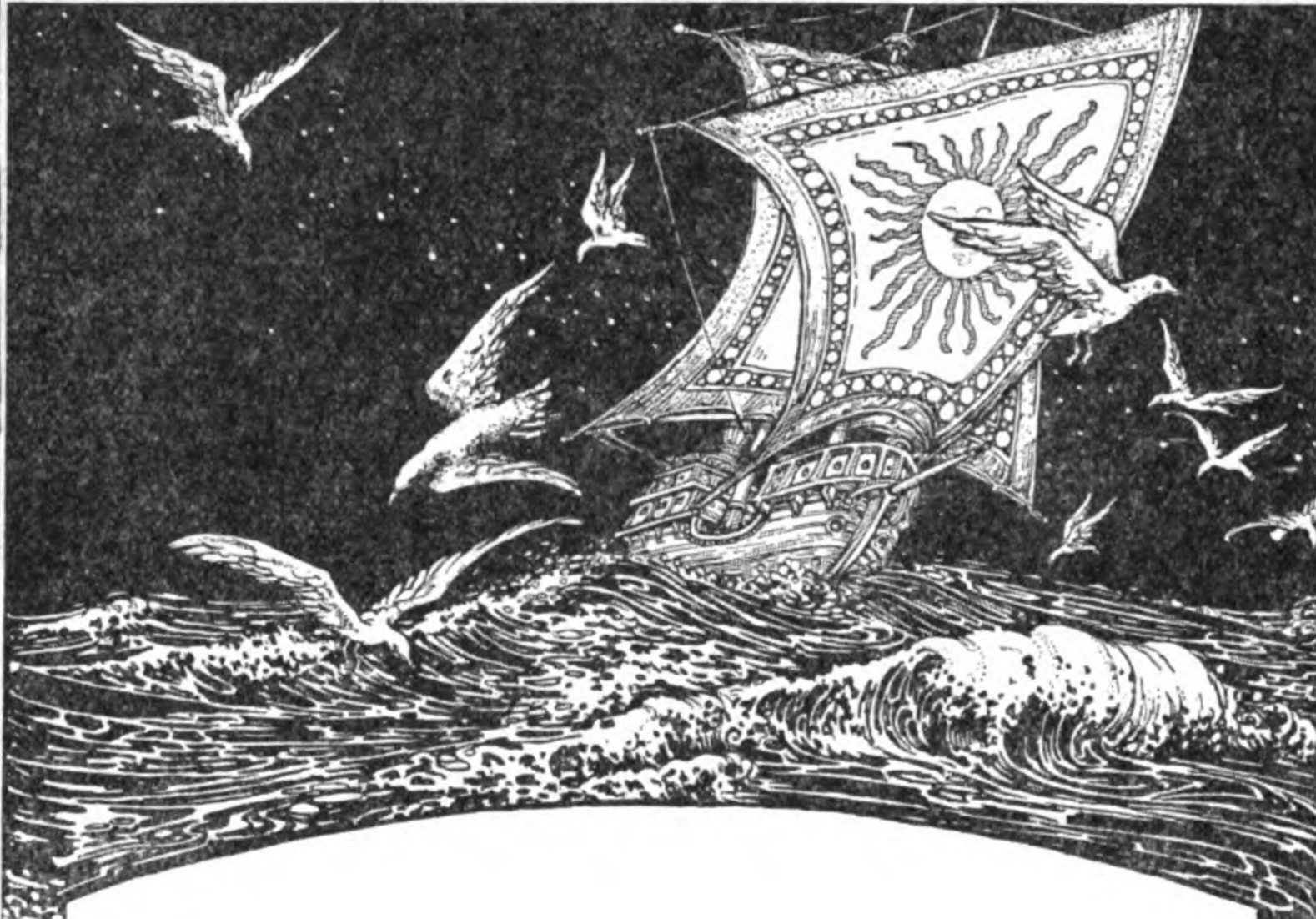
"My weight is now 133 lbs. as compared to the average 119 of the past fifteen years, and another thing that brings me the greatest relief and joy—I am almost entirely free from mental confusion,"—**A FORMER BUSINESS WOMAN.**

BASIS OF COST: The fee covers only the **CASH COST.** Mr. Brown Landone does this work without compensation for his time or service. For the year, cost has averaged \$13.45 per person. The fee is now \$13.45. The fee may be likened to the express or freight *charges* on goods sent you as a *gift.* The goods are Mr. Landone's services, for which he charges nothing,—that is, the fee merely covers the actual cash which Mr. Landone pays out for the sake of rendering service.

REGISTRATION FOR THE PRIVILEGE: To be accepted for work in the July-August group, mail \$13.45 before July 27th. Work will be begun in the order in which applications are received.

Address and Send Fee To

CEPHAS BRAINERD, Personal Secretary, Box 274, City Hall Station, New York City



Sea-Gull

By VINCINE WAINWRIGHT

O, SEA-GULL, glittering, gliding over the
calm water,
Do you, in your travels, thank God for
the salt breeze,
Thank God for the pines down by the
water's edge,
Thank God for the many fish in the sea,
For the spray dashed high on the shore,
For the scent of the wet seaweed?
Or, do you, like so many people in this
world,
Glide onward without thought of the
Almighty Giver?

Henry Pirz



NAUTILUS MAGAZINE

Self-Help Through Self-Knowledge

MONTHLY
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No. 9

EDITORIALS

by Elizabeth Towne



*"Build thee more stately mansions, oh, my soul
As the swift seasons roll!
Leave thy low vaulted past!
Let each new temple nobler than the last,
Shut thee from heaven with a dome more vast,
'Til thou at length art free,
Leaving Thine outgrown shell by life's unresting
sea."*

—Holmes' The Chambered Nautilus."

To Get Out of Debt.

THE only way to get out of debt is to quit making debts. Live any old way, but *don't make another debt*. In no time you will find yourself not only living on a cash basis, but you will find money beginning to pile up with which you can gradually reduce the old debts. But the only way to begin it is to immediately begin to live on a cash basis—*pay cash for everything or go without*. Of course, that does not mean actual cash—if you order a new suit, you naturally do not pay for the new suit until the bill comes in. But *your cash must be paid when that bill comes in*. Not a minute later.

God in you will enable you to live on cash basis, paying as you go, and paying off your old debts as promptly as possible. *And you will never know what living is until you begin to live on a cash basis.*

God in you is now, this minute, working to Will and to Do according to your deep desire to get rid of those debts! And the way to do it is to *refuse to make any more*. Do your part, and God in you will do the rest.

New ideas will come to you and your husband, about everything in the business line, and you will find yourself prospering more and more every year. Here is an affirmation for you:

God in me and in my husband, is Infinite Supply, and we are now free from debt and fully prospering in all good works. The Father in us, He doeth the work. We rejoice in Him, and glorify Him.

Use this affirmation night and morning, and as many times during the day as you find your thoughts running on the old track.

In God you are NOW free from debt! Keep on affirming this truth to yourself, and you will find yourself realizing it more and more.

▽ ▽ ▽

An Affirmation For Success.

SUCCESS is ours here and now. God works in us to will and to do this good work. Every avenue of our being is open to the inflow and the outflow of God's divine love, expressing in this business service to the world.

Nothing can hinder, all God's infinite power and wisdom and love is focussed through us and this work to the loving service of all the world. He is our success now. God is our abundant supply now, of wisdom, power, ideas and money. Nothing can hinder, nobody wants to hinder.

We glorify God and serve Him here and now, we thank Him for His infinite supply through us.

Every avenue of our being and of our business is open to the inflow and the outflow of divine love, in perfect success.

Take a period the first thing in the morning and the last thing at night, go into the silence and make these affirmations slowly, solemnly, positively, two or three times over. The Spirit in you will give you variations and additions to this formula, see that you affirm

EDITORIALS *by Elizabeth Towne*

what the Spirit gives you in the way of truth, and success thoughts.

At other times during the day go on your way rejoicing and working things out, except when you happen to think of such a thing as possible failure; then you are to deliberately deny that there is such a thing as failure, deny that the thought of failure has any power over you or the business; and immediately follow it with these positive affirmations of success. Do this whenever you *happen* to think about it. But don't try to think about it except the first thing in the morning and the last thing at night.

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How To Realize Plenty.

THERE is absolutely nothing on earth that can limit your infinity of supply, your abundance. *Unless you THINK it can.* And even thinking in your head, will not prevent it! It is what you think *in your heart*—in your subconsciousness—that manifests.

And your subconsciousness is not like a tank, that has to be *filled up* with affirmations of abundant supply: *rather is it an INFINITE POWER HOUSE, and your WORD turns the button that sets all the Power House flowing in the direction indicated by your word.*

The reason we have to repeat our affirmations so many times, is that while we are repeating the affirmation with our conscious mind, we are at the same time negating our word, by repeating somewhere else in our consciousness the statement that "it will not work, I can't feel that it is accomplishing anything!"

In other words, we let our mind divide itself, one part of it affirming, the other part of it saying NO. And our faith goes with the part that says NO! And we are taught that according to our faith it is unto us!

And the crux of the whole thing is, that people confound faith with *feeling* — they think that because they do not FEEL as if their affirmations were doing any good, that they are not! There never was a greater mistake.

The truth is, that if you will make your affirmations solemnly, clearly, think of them as LIVING CREATORS, and then let them

go about their work, while you say "Peace, Be Still" to the rest of your mind, in short if you simply ASSUME that your *word of TRUTH* will go about its work and fulfil itself, in spite of all your feelings, then you will find your word quickly manifesting and proving that it is the power. Without your WORD is nothing made in your life which is made. And the word you speak today is creating the conditions of tomorrow. Pin your faith to the WORD OF TRUTH, and make light of all your feelings and prejudices to the contrary. That is the whole thing in a nut-shell.

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The Truth About Abundant Supply.

NOW the truth about your abundant supply is that *GOD IS YOUR ABUNDANT SUPPLY*, and He is working to Will and to Do through you, that which will express in infinite abundance here and now. All the money in the world is God's money—and every bit of it is *pushing to circulate through your pocketbook!* And through all the other pocketbooks on this earth. It is lack of faith in God, that keeps you poverty stricken! And lack of faith in God, comes from *not thinking upon God enough, as your abundant supply.*

You simply must make a new habit of keeping the switch open between God's infinite supply and your pocketbook, by many times repeating your WORD OF TRUTH, *that God is your infinite supply here and now, of every good thing including money.*

The need for repetition of these affirmations is simply this: you make one affirmation, and it turns on the switch between God's infinite supply and you; but the next minute you *subconsciously* turn the switch off again by affirming limitation of some sort. So, you have to again affirm God as your infinite supply, which turns on the switch again! And you have to keep on repeating this *until the new affirmation of abundant supply*, becomes the habit of your subconscious or unconscious self.

Note the reactions of your mind under the stimulus of various thoughts that come into it, and you will quickly see that the whole thing lies in making a HABIT of the idea that

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God is your present infinite supply of all good including money. Just as you make a habit of playing the piano, or a habit of anything else, so you must make a HABIT of thinking of God as your infinite supply here and now. That means endless repetition of the TRUTH.

▽ ▽ ▽

Tea and Prejudice.

SOcial functions move upon the hearts and feelings, and in that way they break down the foolish prejudices; while a meeting which has nothing to do except pass on *ideas*, functions altogether on the intellectual plane, which is the plane where prejudices are built and maintained!

You can "get together" over the teacups, and afterward you will find that there are fewer and softer prejudices in all minds—in spite of themselves! Just repeat the tea act often enough, and you will find all of them beginning to work together on various things.

The trouble with people is not that they are not right intentioned, or that they really mean to be exclusive. They hold themselves aloof because of *the law of self-preservation* working in them, which is the first law of nature you know. It is only when they begin to see that when working with other people they are really working for themselves too—it is only when they see this that they really let go of their prejudices against getting together.

It is no wonder that a great many New Thought people still emphasize individuality. Mrs. Eddy harped on it for years. "Come ye out and be ye separate," was one of her oft-repeated slogans—and all of the other teachers caught the vibrations from her. Many of them have lived such narrow and exclusive lives that they have not yet realized their part in the world's work, as a *MEMBER* of the whole. This is true of New Thought people but it is also true of all womankind as a class; and of all the social world in a large measure.

The most important thing one can do for the New Thought movement is to get them together socially, so that they may begin to see that they are all good normal, healthy human beings, members one of another—

instead of everybody being a freak "except me and thee"! The rest of it naturally follows.

Be patient with people who seem narrow and exclusive. And keep on socializing! I tell you God is working in and through us all to make us realize ourselves as members one of another, and to make us get together and do things for the good of the world—for the building of heaven on earth.

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The American Peace Award.

MR. EDWARD BOK has done a great work for the world, in keeping before us the arguments for a World Peace League.

The American Peace Award vote is complete. 610,558 ballots were received, of which 76,381 were against the Prize Plan proposed by Dr. Levermore, and 534,177 were for it. A percentage of 12½ per cent against, and 87½ per cent for the plan.

Every state in the union is represented in the votes, also the Virgin Islands, Hawaii, Alaska, Porto Rico, etc.

The percentage of for and against is almost uniform in all the returns!—a remarkable showing. This referendum was not a curbstone vote on a generality, but a thoughtful vote on a particular method of international cooperation. Every ballot had the name and the address of the voter upon it, and every voter paid his own postage.

The Prize Plan, together with 19 others which were chosen as the next best are now being published in book form by Charles Scribner's Sons, New York.

Edward Bok deserves the Nobel Peace Prize.

▽ ▽ ▽

The Problems of the I. N. T. A.

THESE lines from a booklet, "The Key to Success" by Glenn Andrews Kratzer, apply especially to the problems of our Alliance in Congress assembled.

"A mathematician is not failing because he has many mathematical problems to solve, though each problem represents an ignorance to be overcome, a difficulty to be surmounted. In fact, one becomes an expert mathematician only by solving many problems. Likewise, a human being becomes God-conscious only by

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solving many life problems, surmounting many difficulties, within and without, through a knowledge of and conscious reliance upon the power of God."

What is true of the individual is true also of the individual organization. Our Alliance grows strong by facing and overcoming its problems.

We meet our problems in the business meetings and Field Workers' Forums, where All of Us Delegated of the Spirit meet together to let the Spirit (1) speak through All of Us and (2) vote through All of Us, on the affairs of the International New Thought Alliance.

What is the Alliance? Ans.: A democracy of persons who believe in the truth as taught and demonstrated by Jesus Christ and who are actively engaged in fulfilling His command to evangelize the world to the truth of Christ in All of Us working out God's kingdom on earth.

Meet with us and help us solve our problems at the Alliance Congress in Buffalo, July 12-22, 1924.

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Are We Just Like Job?

WHY not come to the Congress, Statler Hotel, Buffalo, July 12 to 22, and help to make this International New Thought Alliance the Divine Service to All of Us by All of Us that the Spirit has always aimed to make it through All of Us?

We really are on the road to the realization of the Spirit's vision and will for the Alliance.

The only trouble with us, heretofore, has been that some of us looked on the outer appearance, and because we had not yet manifested the aim of the Alliance in great measure, we became pessimistic and relaxed our efforts.

Just like Job looking on the outward appearance of his own greatness and making up his mind that *he* was the only righteous and just man and that therefore God favored him! He did not get the vision of God in All of Us until he lost all the outer appearance of prosperity. Then he got down to earth and began to see God in the kindness and helpfulness and wisdom of everybody else. Everybody came to a party for him and everyone gave him a golden ear-ring and a piece of

money, and then Job began to realize that God in All of Us is willing and able to manifest success, prosperity, Divine Service to each of us through All of Us!

Come along in with us at Buffalo and I think you will find our vision really beginning to manifest.

▽ ▽ ▽

*Knowing the Truth About Prosperity
In Business.*

YOUR extremity is God's opportunity: turn the entire responsibility over to God. KNOW the truth that He is your supply, your wisdom, your power, and that He is the creator and evolver of that business proposition.

If you KNOW the truth, the truth shall set you free.

To KNOW the truth, is to affirm it over and over, until it sinks down into your subconscious self and becomes your habit thought. Then you "think it in your heart"—your subconscious or habit self, and you find it appearing on the outside also.

Here is the truth which you are to know. You are to repeat it ten times the first thing in the morning, and ten times the last thing at night before you go to sleep; and between times you are to act as nearly as you can, just as if you knew it was all so in the world of appearance; but whenever you *happen* to catch yourself with fear or doubt in your mind in regard to this business, then you are to take another little period of affirming this truth. Here is the affirmation:

God's marvelous abundance flows to everybody connected with this business, and to me, from everywhere.

God is your infinite supply. Look to Him and continue to look to Him and to affirm His truth until it is realized in every way.

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LET your love be God's love: infinite, shining upon the just as well as the unjust, giving loving service to those who need it most!—to those who enjoy it most!



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The Evolution of the Healing Consciousness

Lesson I. According to Your Faith

By DR. THOMAS PARKER BOYD

FAITH is defined as a state of consciousness rather than an action of mind. It is the perception of reality as opposed to appearance. It is the discernment that the thing I hope for is now real, while the thing I see may be very unreal. The measure of faith is therefore determined by one's clearness of perception.

Health of body or circumstances is the expression of states of consciousness. It is the registry in material form of our perceptions of reality. If one is out of health we know that his consciousness has lapsed from a state which registers perfect health into one whose logical expression is disease. Such a variable mental state needs restoring to a state of stability which will not only need healing but will keep the body in health. These lessons are not so much intended to heal the people as to lead them into that state of conscious realization of the powers of life that they will not need healing, but will abide in perfect health.

Statements in these lessons are based upon the metaphysical principle that everything is primarily mind, and that all manifestations are determined by a previous state of mind. Furthermore, they assume as truth that a given state of mental action will issue into a definite expression in bodily conditions. Inversely, we assume, that from the bodily conditions, a diagnosis of the antecedent states of mind may be formulated.

Carrying out this thought there is a definite relation or correspondence between a given power or attribute of mind and some organ of the body in which its acts and states are registered. This is illustrated in the universally observed influence of the love life upon the physical heart. Every human being who has experienced the "grand passion" has been aware of the sense of well-being in the physical organ beneath his fifth rib. While multitudes of people have found that their variant states of emotions away from that of love, such as fear, anger, jealousy, envy, etc., have registered irregularity in heart action, as well as high or low blood pressure and other wrong conditions arising from abnormal heart

action. In other words, all right action of the love life registers in the normal heart action, while all wrong emotional stages tend to disturb the material correspondent.

It is a further truth of metaphysical practice that one has mental and emotional dyspepsia long before he has its physical expression in the material correspondent—stomach. A woman came to me suffering from all the complaints to which the stomach is heir. I immediately asked her about her religious training and adventures. She told me that she was first a Methodist, then a Seventh Day Adventist, then a Roman Catholic, then a Christian Scientist, then a Unitarian, and finally a Vegetarian. The cardinal ideas of these she had wrestled with in her mind, none of which she had ever been able to digest and incorporate into her conscious realization of truth. It was necessary to bring to her a clear statement of truth which underlies all these varying beliefs, and with that pre-digested mental ailment, she was able to get rid of the turmoil of her mind, and as a result to get normal action of its physical correspondent—the stomach.

Various teachers in different schools of thought have worked out a more or less complete statement of these correspondences, which are valuable, both in practical work and in getting a clear understanding that one's physical condition is definitely related to his mental and emotional states.

The attainment and maintenance of that high state of consciousness which eventuates into perfect harmonious action of all the organs of the body is not easy. It is hampered by an age-long ignorance of the nature of life and the power of the mind, and the erroneous belief that material form and experiences are the real thing, while those of mind and spirit are imaginary, having little value beyond serving to divert us and make us as happy as possible in the midst of our physical miseries until we get to Heaven.

In other words, there is a materiality of consciousness so deeply implanted in us by ages of evolution, and so strongly fortified by

our own experiences of wrong teaching and wrong thinking that its elimination, while sometimes appearing to take place as an act, really resolves itself into a process. It is not achieved by most of us in a day, but is gradually attained during the course of many years of study and atmospherizing the mind in the truth of Being. Four hundred years of bondage in Egypt so impregnated the consciousness of Israel with Egyptian ideals and beliefs that in the exodus, while it took but forty days to get Israel out of Egypt it took forty years to get Egypt out of Israel.

In every age there have risen men and women of such illumination that they towered far above their fellows in the knowledge of the truth of being and how to realize it, but when it came to applying them to the unilluminated masses they were compelled to adapt their statements and methods to the ability of their people to receive it. In studying their works there appear certain flashes of absolute truth and of its unlimited action and results, but mostly there is an accommodation to the consciousness of their people so that there appears a steady evolution of consciousness into a state in which health of mind and emotions is so permanent as to register in well being for the body and the circumstances of life.

One of those moments of illumination appears in the statement "I am the Lord that healeth thee." It was made understandable to Moses, in his experience in the wilderness, when he heard the "I AM" speaking first from the burning bush and later from within himself, so that Moses, at least, knew that the Lord who healed him and the Lord within him were the one and the same. With this understanding he thrust his hand into his bosom and it came out white with leprosy. At the command of the voice he put his hand into his bosom the second time and his hand came forth clean. This high realization of the truth of Being he could not communicate to his people, but had to adapt it to their understanding. The voice of the human consciousness in that day was similar to this day. They said "Speak Thou to God and let God speak to Thee, and then speak thou to us, but let not God speak to us, lest we die." Out of this accommodation to the frailty of the human being and its inability to bear the full light of the truth there has developed a graduated system of material and mental crutches upon which people pathetically limp their way through life. As time and centuries

of experience pass there is apparent a distinct improvement in the character of these adjustments. We pass through all the stages of fetichism, material agencies, and mental suggestions, steadily approximating to those methods which proclaim the evolution into a state of consciousness where methods and crutches as such are discarded.

In the experience of Elisha, one of the greatest spiritual healers of all times, there is an incident illustrating this principle of accommodation. The Shunamite Woman's son had died of sunstroke, was laid out in an upper room and word was carried to Elisha. Whereupon he sent his servant with instructions to take his staff and lay it on the dead child, but it failed to bring the boy back to life. It was only when he went in person, stretched himself upon the child and breathed into his mouth, that the child sneezed seven times and awoke. The slightest use of the imagination sees Elisha using the working principle of the modern pulmotor using artificial respiration and bringing the boy back to life.

In the case of Naaman the Syrian, who was a leper, these facts are narrated: He heard of the great healer in the land of Israel. He took a letter from the King of Syria to the King of Israel. He evidently had a great regard for organized authority. He took his family, his servants and everything needful for the long journey, and also took along gold and silver and garments of special value sufficient to load down twenty camels. This was to be his love-offering for his healing. Please let the reader keep his eye on that twenty camels loaded with a love-offering! When he arrived in the land of Israel his first approach was to the King, because it was natural for him to think that if anybody in Israel had any power to heal it would be the King. But the King very promptly disillusioned him on that point and he discovered that the healer was a humble layman, living in a hut out somewhere in the suburbs. Going thither he sent in word announcing his arrival, and was shocked when the humble man instead of coming out to see him and "striking up and down with his hands," sent word for him to go and wash seven times in Jordan and he would be cleansed of his leprosy. Imagine the affront to a royal person, who didn't believe in taking a bath on general principles, being told to take seven in one day, and especially in the muddy old Jordan, when the rivers of Arbana and Parphar in

his own land were clear and pure. If he had to take a bath, he vowed he would go back there and take it in them, but his privileged old servant pointed out that the promise of healing was conditioned upon taking that action in the Jordan. The narrative declares that upon the completion of the seventh ablution he was cleansed. In this narrative there begins to emerge clearly the principle of suggestion.

Daniel, another great spiritual healer of that early time, when called upon to minister to the King prescribed for his nervousness and liver and stomach trouble, that he live out in the open air, on a vegetable diet, and walk on his all fours. Here is a recognition of the value of fresh air, of simple food, and of rather vigorous physical exercise, as indicated in the "Nebuchadnezzar Walk."

Coming at a later time we find the great teacher and healer sending the ten lepers to "show themselves to the priests," the quarantine officers of that day, and directing them to take an offering for their healing, as prescribed by the law of Moses, and the record that as they went they were cleansed. No more perfect illustration of the use of suggestion can be found.

In the case of the healing of the blind man,

whose eyes were annointed with a paste made of clay and spittle, one has only to picture the sticky nature of that clay! the long journey thru the narrow crooked streets; the influence of that dry air, and the task of washing off the dried clay to realize the tremendous stimulation that the manipulation would give; the working of the suggestion that when he had washed he would see; linked with the tremendous call to his spiritual perceptions made by the name and personality of the Man of Nazareth, to see a gradual emergence into the use of the ultimate healing forces as they are found in mind and spirit.

The same evolution is apparent in the healing work of the Master until in the later records of his experience there is reached an illustration of the healing consciousness in its full glory, in such cases as the Nobleman's son, to whom he said "Go thy way, thy son liveth."

This is the ideal, not only for one person to attain, but for all. To one of limited faith or perception of reality, accommodation is necessary, but when consciousness has evolved to a realization of its oneness with God, sickness has disappeared.

New Thought Heals Indigestion

By J. R. D.

I HAD been ill for five years with what the doctors called nervous indigestion, and was finally forced to give up my business. I had high blood pressure, and my feet and ankles were so swollen that at forty-five I was dependent on others for assistance when I tried to walk.

My stomach condition grew worse, I had horrible nausea, could eat no solid food, and finally was so desperately ill that my son was called home by cable from Foreign Service.

The doctors could not decide whether I had ulcers of the stomach or a cancer, and assured my son that I would starve to death, and that being the case I decided I preferred to starve with him rather than away from him. So it was decided that I should return to his foreign station with him.

For some time a friend had been talking to me about New Thought, and about the time I was ready to sail, sent me a copy of *Nautilus*. That copy seemed to have been written for me. Every paragraph, every article, fitted my case. I began gaining, slowly but

steadily. Then the mails were delayed, people insisted upon talking to me about my illness and my condition and finally I slipped back and was again, terribly ill.

The Navy doctor at the station advised my son to send me home and out to Rochester, Minn., to be operated on.

Just before I sailed the mail came in, bringing me two copies of *Nautilus*, with fresh inspiration. I was taken aboard ship a helpless invalid; in two days I was sitting on deck, and when we landed in New York I was dressed and went direct to The Astor. There I decided I would not be operated on, but would go back South.

This I did, and devoted myself to a study of New Thought. I used all the helpful affirmations, and with the new understanding of God in me, and constructive thinking, all of which I learned by means of *Nautilus*, I became well and have continued well for five years and am again a self-supporting and useful woman. I can do many things that younger women balk at, and I look ten years younger than I did five years ago.

How New Thought Healed A Growth Diagnosed As Cancer

By JEANE SNEDEKER

WHEN I first noticed it (almost six years ago) it was a bright pink spot on my face, perfectly round, and it burned and itched as if I had been burned with hot grease.

This, I thought at the time, might have been the case; but when days passed by and it did not blister or get well, I wondered what it could be. I doctored it in the meantime with a salve which I always used as a "cure-all" for accidents, but it did not respond to the treatment and instead of getting well it formed dry, bran-like scales which would come off and then come on again.

This kept up for some time, and it then took the form of a "seed-wart," which size and shape it kept for a year or more.

It was at this stage of its growth that a physician was called in, in sickness, and noticing it, he asked what it was.

I replied, "*You tell me, doctor!*"

He inquired all about how it first appeared, etc., and pronounced it "cancer." He advised me to "let it alone" and *not* doctor it under any circumstances, saying "at your age you may live and die without experiencing any discomfort from it."

But as people began to notice it, they would tell of this one and that one who had one "*just exactly like that*" and *cured* it with "such and such" a remedy.

Well, I was ready to believe anyone and try anything if only I could rid my face of that one small "spot."

So I began using their "infallible remedies" and the result was it grew just a *little* larger after each application.

After it had been there four years I discontinued treatments, as I saw I was only *hastening*, what I was trying to avoid.

It was then that *Nautilus* and New Thought came into my life and in the July, 1922, issue was an article by Rev. Geo. C. Golden, "Spiritual Diagnosis" I believe it was — which contained an affirmation for cancer.

[**EDITOR'S NOTE.** The following is that part of Dr. Golden's article to which Mrs. Snedeker refers:

"I had a patient this last year who had a cancer. He showed a growth on his body as large as a good-sized pea. After three weeks' affirmations of Truth, it had entirely disappeared. It was met by realizing the truth in two ways:

"*First*, we affirmed that the growth was just the outward sign of a conviction. When the conviction was changed the malignant growth was gone.

"*Second*, to prevent the same mental error re-appearing in a new form, we treated for freedom from worry.

"Many medical men attribute cancer to constant fear. Therefore we emphasized the perfect freedom and trust of spirit in God. Thus one more man reclaimed a health that was his by right divine."—W. E. T.]

Here, then, was my "*dying man's straw*." I eagerly read and re-read every word of the article, until I felt I could use words of my own and get the same meaning. Then from that day on, for sometime, I "treated" my face with Dr. Golden's, and my own, form of words until I thought I ought to be getting results, but I could not notice any. Then I would get discouraged and stop the treatments or affirmations for a while until I would get a new copy of *Nautilus* which always gave me new hope and courage to begin again.

I worried and grieved in silence, never daring to take people into my confidence for fear it would get abroad I *had one*. I knew if this happened my services would be no longer in demand and this to me would be a *tragedy indeed*, as I am a widow, and alone, and no one to care for me.

Finally, after making affirmations about a year, I concluded it was "*no use*;" that I was just making a dunce of myself and getting no results.

But one day, as I took a look at it on a bright day, I found it had almost gone and *was going away*. The hard, crusty scab was crumbling from the edge and it was *much* smaller than it had been.

From that day forth it rapidly disappeared (that is, the scab) and the *lump* just seemed to be absorbed gradually as the lump of any sore does when healing.

This was last July and from then until now

(March, 1924) I have never felt the least sign of it (I had forgotten to mention that the last year I had it, it became *very painful*. At times it would send sharp, shooting pains through my cheek and down through my throat into my left breast and almost to my belt).

Since it left, I have *never* felt any pains in those places. I feel that I am *cured*—absolutely and *forever* of that sore.

I certainly bless the day I became acquainted with *Nautilus* and New Thought.

AFFIDAVIT.

State of Illinois, }
Warren County. } S. S.

Mrs. Jeane Snedeker, being first duly sworn, on her oath deposes and says the facts contained in the attached writing are true to the best of her knowledge, information and belief.

MRS. JEANE SNEDEKER.

Subscribed and sworn to before me this 3rd day of March, A. D., 1924.

[Seal]

LENA CLARK,
Notary Public.

Healing Without Failure

Article IV—The Miracle of God as Activity

By BROWN LANDONE

NOW and then, I receive a letter containing a thought something like this: "But why do I need to do anything except recognize the divine Ideal; if I recognize what I wish, have faith, and then *"leave"* it with God who 'doeth all things,' certainly it should come to me."

That is true in one sense and very false in another; it all depends upon what you mean by *"leaving it with God"* and upon your ideal of *"God."* When you realize the truth of the Christ statement that the "Father is *in* Him and that He is *in* you," you recognize that *"leaving it with God"* means leaving it with the God *IN* you,—and therefore, unless YOU put God-Thought, God-Love and God-Life *into action* you are not leaving it with God at all.

Then also, now and then, one who comes to me for help prevents himself from receiving help by misunderstanding the biblical instruction, "WAIT upon the Lord." This also depends upon what you or I mean by the word *"wait."* The Hebrew word which is translated *"wait"* in the phrase just quoted does NOT mean "to wait passively." In fact, its true meaning is the very *opposite* of this passive idea. As given in the standard concordance used by all Protestant ministers, it means "TO ACTIVELY EXPECT FROM." If we truly understood the old Hebrew text of the Bible, there would never be a doubt as to its inspiration from beginning to end. The trouble is that many words are not clearly translated, sometimes even mistranslated.

When any soul *"actively"* expects something from the Lord," that soul cannot prevent itself from getting into action to help in bringing that expectation to pass! The old mistaken interpretation means stagnation of action; the true one means getting into action *with* expectancy, and with faith that the condition you are working to bring about *will* come to pass.

In the first article of this series, I revealed God's process of using *Mind*,—that is the process of Particularization. In the second article, I revealed that the *second* process of God's creation was that of *Love*,—Love pregnantly moving upon the face of the waters—awakening consciousness into activity so that the ideal in Mind would become ready for manifestation. And in the third, I revealed that the word which is translated *"said"* comes from exactly the same root as the word which is translated "light;" that neither translation clearly reveals what God revealed to Moses; and that the true translation is "propelling into existence."

Now we come to the *fourth* process which God used,—the final process that turns that which we desire into an actual manifestation.

God revealed his process of creation through Moses; first, as creation *IN THE CONSCIOUSNESS*; second, as *LOVING* that which is created in consciousness; third, as *PROJECTING* that which is created and loved until it becomes a pillar of spiritual

reality;—and fourth, as ACTION which makes it stand forth in actuality.

I venture in all modesty to say that this knowledge of the four processes given by Moses—*especially the ORDER in which they are to be used*—is of more value than all we have previously learned in all modern thought of spiritual science. I do not make this astounding statement without careful consideration. It is more important than all modern books or teachings—not only because I am re-presenting it, but—because it IS the spiritual process presented by Moses and the process of creation used by God and used by those men who, walking with God, were able to bring water out of rocks, provide manna, and move mountains!

Proceed now to the *fourth* definite process of primal creation indicated by the word SAW in the verse: "And God SAW the light that it was good."

The Hebrew word translated "SAW" comes from two roots,—one of which means a STROKE and the other meaning the OBJECT ATTAINED.

The literal Hebrew, translated into English, runs thus: "And El-Ohim DID-STRIKE-INTO-ACTUALITY that-light AS good." There is no need at all to insert the words "it was." In your Bible these words are in italics, which indicate that they do NOT appear in the original text. They were put in only because the early English translators did not understand the real text and felt that they must insert something to make their translation intelligible.

One picks apples only from apple TREES—never from apple SEEDS. So also in spiritual creation, the apples of actuality are not gathered directly from the seeds of Mind conception. Each of the God processes is essential and each in order. The order cannot be changed, nor can any one of them be omitted.

In the past we have sometimes succeeded marvelously and sometimes we have failed. Of our successes we write articles and books; of our failures we say nothing. But WHY have we failed?

Affirmations, holding-the-thought, visualization, realizing-the-divine-Ideal,—all these create and form the seeds of actuality in consciousness. If we leave them *there*, waiting *passively* upon the Lord, we have *not* left them with God, for God is Action. Since we are divine sons of God, given dominion over all of God's processes, "leaving" them with God means leaving them to the God-process

WITHIN ourselves. Read again the first three paragraphs of this article, understanding that unless you put God-Thought, God-Love, and God-Life *into Action*, you are not leaving your problem with God at all.

I emphasize God as action because—when all other methods have failed—it works miracles *providing* it is used *with* God as Mind, God as Love and God as Life; second, because God revealed it to Moses as a *final* process which God Himself used in His own creation; and third, because there are other innumerable evidences which show that from 3,000 years before Christ up to 400 years after Christ, the dominant concept of God was that of Law, Love and Activity.

We are told that the *spirit* of God moved upon the face of the waters. The Hebrew word which is translated "spirit" is Ruach. In the Bible it is sometimes translated "spirit" and sometimes "wind." It is used interchangeably, either as *wind* or *spirit* in the English translation. Then also, God is said to be like a wind from the four corners of the earth. There is something very significant in this. Let us turn next to the New Testament; the word which is translated "spirit" is pneuma which is the Greek word for air and "*wind*." This is also significant.

Certainly it is not an accident that those who did walk face to face with God chose a word which would symbolize the true concept of God and convey that concept to the common people. Wind was a *symbol* only; it signified something which was UNSEEN YET POWERFUL IN ACTIVITY AND MOVEMENT! That is the secret of the use of the word.

From the beginning of the revelations of God as recorded by Moses up to the last book of the New Testament—the book of Revelation—God is revealed as unseen action! In Revelation he is revealed as nothing else, for the Greek word which is translated "life" means "eternal, everlasting, increasing activity."

I know and use God as Mind, I know God as Love, I know God as Life, and I know God as ACTION also,—which completes the magic square of the nature of God, consciousness of which has been lost for so many hundred years. When the spiritual orders lost their consciousness of spiritual consecration they developed the cult of the trinity,—a certain sign that they were not fitted to receive and were not taught the sacred fourth power which wrought miracles.

I shall now tell you of the beginning of a cure of a very wonderful woman, who is more than sixty years of age. One hip was affected even when she was a child so that when she was fourteen she was so weak that her brother had to carry her school books for her. When she was thirty years of age the other hip became affected. One was ankylosed and *solid* at the joint and the other after it had been examined and treated by the greatest specialists in our country, was declared to be *tubercular* with the top of the hip bone partially eaten away.

This marvelous woman understood spiritual law, practiced affirmation and, more than that, LIVED it with a marvelous spiritual courage, with determination and grit and always with hope and faith. In fact, thirty years ago, when she was refused as a student in one medical school because the officials felt that her hips were in such condition that she could not possibly carry on the work, she took off the braces which had been bound from hip to ankle and, walking with the aid of two canes, commanded such attention that she was allowed to enter one of our best medical colleges.

Standing with the aid of crutches or canes (because sitting was too painful) this woman finished her college work and has become a physician whose name is known. But she did not stop with medical work. With the years she progressed. Her soul was unlimited; she recognized it; she studied and perfected herself in other methods of healing and has had help from all kinds of spiritual teaching and treatment. And although the condition of the hips remained much the same, there was ever a persisting faith that some day she would find the means which would effect the cure.

Vision clearly the condition a few months ago: It was as far back as 1897 that both hips played out. In fact certain muscles had lost all power of activity and it was impossible to move the right foot forward or to lift up the toes of the foot even a quarter inch from the floor. As to use in walking, there was seeming paralysis of the entire right limb! This had continued for more than a quarter of a century!

When this wonder-woman first came to me for help she did not fully understand the work I gave her and began concentration and visualization. Naturally, she emphasized, affirmed and visualized the picture of what she wished, but it did not bring God into action. Hence, there was a reaction.

But, when the ideal of God-in-Action was made clear to her, progress began; and hourly the progress continues.

First came a feeling of tingling change and growth in the hip bone which was said to be eaten away by tuberculosis; next a feeling of movement in the toes; then successively efforts to move. Of these she wrote, "I have to balance my body with the left hand trying to raise myself from a chair with force on the left foot."

Two months later, when this woman came into my study one morning for a conference, she said with joy,—“I know you will be happy; this morning I was able not only to lift my right foot from the floor but to move it forward a little—to take a step;” and later she wrote, “Taking exercises this morning, I found I could take THREE steps forward where last night I was able to take only one step!”

We omit nothing taught in the past; we add to it and glorify it. Use Mind to create those things and conditions that are of Mind; use Love to create Love and all that comes from Love; use Life to create Life and the results of Life; and use Action to bring all others into actuality.

Use Mind to *form* your ideal in consciousness; use Love to give it *movement* and augment its growth; use Life to impel and propel the ideal into real *spiritual* existence; use Action to *strike it into actuality*,—a real manifestation in what we call the material plane of existence!

With God, *all* things are possible but “with God” means working in accord with God,—using ALL the four processes He used—*Mind, Love, Life and Action!*

God is Infinite Activity! Spirituality is God manifesting in action through man! Man is God-in-Action!

EVERYBODY, everywhere, has been taught to watch and wait for opportunity, and this watching and waiting has proved to be the abuse of ambition and the curse of courage.—F. D. VAN AMBURGH.



UNDERSTANDING WILLIE

*By Wilfrid Lay, Ph. D.
Author of "Man's Unconscious Conflict."*

9. THE MISTAKE IN ATHLETICS.

Willie will not generally enter a race unless he is sure to get a prize of some sort, whether he wins or not. Athletics is a Greek word that originally meant "prize taking". Willie wants a reward for everything he does. And rightly so, for he cannot, and he should not be expected to, work for nothing. Not even an adult will do that. Why should a child? Willie's physical nature is such that from birth every action has been followed by the attaining of some pleasure or the removing of some pain. It is the mark of superior adulthood to postpone the taking of the present pleasure, in order to gain a greater pleasure at a later time, or to accept a present pain as a condition of a later pleasure. The mistake in athletics is making the prize attainable by one or only a few. If Willie sees that his chances of taking THE prize are 1 to 50 or 1 to 100 he is loath to take the chance. What is the use? This situation results in cultivating in him an ability to get excitement out of the other fellow's prize-taking, and causes Willie to be one of 100 or 100,000 spectators who are inactive while at most 22 men are the only ones who are really getting the good out of the athletics or the games as the case may be. Unless the single prize can be taken out of athletics or an equal credit be given to all who enter, athletics will constitute training only by proxy, which is the worst kind.



10. MISTAKES. (1)

Why does Willie make mistakes in his school work? Why is he careless? The latest answer is that he wants to make mistakes. To some teachers and parents this may not seem to be very recent. But he gets a certain satisfaction from his errors, though he might not be willing to admit it. If he admitted it, he might incur something quite unpleasant that he wishes to avoid. In school work errors are to his mind partly the fault of the teacher, who has not explained clearly enough. In this notion he is frequently backed by his family. He likes backing, because it gives him the feeling of strength. But with apparently the best intentions in the world he makes mistakes in arithmetic and algebra, and is genuinely miserable about them—sometimes. The error is due to his haste in getting over the work. For two reasons at least he wants to get over it quickly. In the first place he is much cleverer, if he can do the work in half the time another fellow takes. That is worth hurrying for. In the second place, if he gets through his work sooner, he can go out and play longer. This makes him hurry and cut out operations, doing “in his head” what he ought to write out fully on paper. Then too the work of writing or figuring IS hard work for him. So he does not want to make mistakes as much as to get the work off his mind, and when hurrying through his lessons, he is the more likely to telescope words and figures in his head, and put down on the paper the wrecks of trains of thought.



Affirmation Brings Larger Salary for Husband and Increased Income Besides

By LELAH E. ASHBY

MY husband being out of work for over two years necessitated our moving into a cheap apartment, only partly furnished, and no carpets on the floors. It was beside the railroad tracks and a very smoky, as well as unsightly place, to live. The kitchen was very large, with such a rough, splintery floor that it took me two days to scrub it.

After my husband found work, and we got a little out of debt, I began to affirm for a better place to live. But it seemed good places were hard to find. I was looking almost every day, yet nothing seemed suitable at the price we could afford to pay. I was getting discouraged and for a week gave up hunting. Still, I kept on affirming something like this: *"I am love. I am finding a good apartment now. I am love."*

The next time I went out I found one in an ideal location, though I did not care so much for the apartment itself. It was rather small. However, it was so much better than the one we lived in, that I paid a deposit to the landlady's daughter, saying that if they would put in a sanitary cot I would take it. The girl said they had one that was not in use, and that she was quite sure her mother would put it in. But when I went back to see the mother, she wanted to raise the rent if she put in the sanitary cot, so I told her I would not take the apartment and she returned my deposit as agreed.

I was much disappointed, because I liked the location so well, also the price was reasonable and within our means. It was the first part of May before I started hunting again, though I had been affirming all this time. Then in the Sunday paper, I saw an apartment advertised in equally as good a location. I hurried right over to see it, and behold it was a much nicer place and furnished better than the one in which I had been disappointed and it had one more room, and such a nice private lawn and trees. It was much nicer than I had expected to find, but it also cost five dollars more than we could afford to pay. But we paid it and moved in. I told my husband that God would help us pay for what we wanted and *needed*.

It was then that I began affirming for a raise in my husband's salary, and in a month he received it.

We enjoyed our new abode immensely, yet I was not satisfied with paying such rent, for before I was married my mother and I always rented large apartments and sub-rented enough rooms to more than pay our rent, and that was what I wanted my husband to do, but he would not hear to it. I asked him again and again, still it seemed useless. He vowed he would not buy furniture, nor rent rooms.

Finally I began to affirm something like this: *"My husband will now see where we could get out of debt much quicker if we could have a place where we could rent rooms and make our rent or better."*

I affirmed this night and morning for more than two months and I also thanked God for making my husband see as I did, but with apparently no results. I became quite discouraged. I could not figure out why this affirmation did not work like others. However, I kept on affirming and believing that in time it would work. I find that one has to believe, absolutely, that what they affirm will come, or it will not.

Of course, I could not see what was just around the corner, any more than the rest of you can, but there was something there, and in less than a week after my discouragement, I rounded that corner to find the surprise of my life.

My husband had leased the house, that our apartment is in, borrowed money to buy part of the furniture with, which he could pay back on instalments like rent. And now we rent out three apartments and make more than our rent, and the borrowed furniture money is all paid back. We have wonderfully fine tenants, for which I affirmed, and have nearly all our back debts paid. I simply never could have done this without New Thought. There are still many other benefits I have received through New Thought in fifteen months, but they would make several more stories.



Views and Reviews

By William E Towne



SECRET AIMS THAT DIVIDE ENERGY.

EVERY one has energy and will enough for his needs, but often he is not aware of the fact. He thinks he lacks will and concentration because he does not accomplish more.

The real trouble is the old, old situation of "a house divided against itself." Part of his energy (quite possibly a small part) is engaged in his daily tasks but another and larger part may be consumed in the gratification of secret aims by the phantasy method.

It is not easy to realize how readily and to what extent energy is held or released by thought alone, by desires that may be nearly or wholly repressed.

A young woman, for instance, may believe that she has overcome the effects of an unhappy love affair. She may engage in some regular work only to become the victim of some form of nervous breakdown, the real cause of which was her divided energy—part of it being directed to her daily task, a larger part still being expended in the more or less unconscious aim of finding happiness in a love experience that had passed and could only be recalled through memory.

A strong will is simply a UNITED will—a singleness of aim and purpose that extends to the unconscious as well as the conscious mind.

In "Disguises of Love" William Stekel, Ph.D. says: "Self-knowledge is the path that the weak-willed must take to find the kingdom of sound wills. The tracing of the origin of their suffering is the first step toward recovery. In all weak-willed persons it will be found that they have not yet inwardly renounced their secret aims. They must first understand what they dare not will, in order to be able to will what they may, and must."

WHY WE FRET AND WORRY.

WORRYING and fretting are the result of a mental attitude.

The ill effects that we attribute to such conditions as seem to cause us worry, are

nearly always due to our mental attitude of *resistance* and not to the conditions themselves.

Our *reaction* to conditions is within our own direction. If we get "all het up" over a piece of work it seems many times more disagreeable and difficult than if we idealize it as described in the article by Katherine Canady, published on page 36 of April (1924) *Nautilus*.

I have before me a letter from a woman who has discovered the truth of the above in trying to apply New Thought in her house-keeping.

She says: "It is now easier for me to entertain unexpected company with my family of five children, all under seven years of age, than it used to be to entertain invited (or unexpected) company, when I had only one or two children. I mean to really make people feel at home and welcome. And of course I enjoy my company more too. It's great to be able to talk and prepare an emergency meal and look after everything else without getting all nervous and bothered and feeling worn out when it's over. I never knew what poise meant until I became a New Thinker."

You see it was *just a change in mental attitude* that kept this woman happy and free from fatigue while doing work that had formerly been a source of worry and exhaustion.

As soon as she *adjusted* to her job and began to take an interest in it, it *became friendly to her*.

By giving attention and interest to her work, and directing her good will to her guests, she released energy where before she had, by her fretting and resistance, inhibited it. She had substituted *self-expression* for repression, and the result was a great increase of happiness and freedom, increased efficiency and a sense of power that comes with an expanding ego.

I received a call the other day from a man who *was* not making the financial success to which he *felt* his intelligence and ability entitled him. He had good health, education, a good address. But his attitude toward life



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and toward his work was one of criticism, lack of enthusiasm, negation. He wondered why others succeeded with such apparent ease where he failed; he criticised the methods and goods of others; he seemed to have only a very dim and hazy perception of the principle that business is a matter of service and that you must offer people *what they think they want or need* rather than what *you* think they ought to want or need, otherwise you will fail, and you will deserve to fail.

This man was obsessed with his own viewpoint. He twisted facts to make them fit in with his personal view of what he *wanted the public to want*. Being somewhat impractical he wanted to sell impractical goods and then felt, in some obscure way, that the public was to blame because it would not buy.

Now it was not the conditions of life that made this young man unhappy and caused him to worry somewhat over the outlook. It was his own attitude toward his environment, his own lack of understanding, his refusal to face the actual conditions of life and *adjust to them*, that was at fault. He persists in living, to a great extent, in a world of his own—a world of phantasy—and he tries to substitute this dream world for the world of reality, not by constructive, creative methods, but by shutting his eyes to the world of reality and resisting whatever he does not like in that world.

If you will put attention, interest, love FAITH into the problem of adjusting to your environment, if you will make *adjustment* rather than resistance, resentment and criticism your policy in business and in life, you will soon find yourself making headway.

HOW TO BELIEVE IN YOURSELF.

"THE person who believes in himself will never be a victim of doubt," says Dr. Stekel.

To believe in yourself you need, to some extent, to prove your ability to deal successfully with the world of reality, to mold and shape this world, and adapt yourself to it in such a way as to master conditions to a reasonable extent.

One loses faith in himself when he feels that he has hopelessly failed in his attempt to adjust himself to his environment.

But the *real* failure is only in his own mind. The battle was fought and lost there. It was never lost anywhere else. To quote again from Stekel, "*Nothing in itself is unfortunate; it all depends upon the attitude we take.*"

To establish and maintain *the habit of acting successfully* will help you to believe in yourself. This applies to the little things of life. You should have acquired the habit as a child, and in this respect the child of poverty, or of parents of only modest means, has a great advantage because he is usually taught to work, which develops concentration and the power of sustained application. This means a degree of freedom, power, self dependence in later life that serves one well and that is often lacking in the spoiled child of wealth and idleness. However, it is never too late to change one's habits, unless he BELIEVES it to be too late. Many cases are recorded of men who have been total failures at fifty, sixty or seventy years of age and yet succeeded after that age in building up a prosperous business. A United States Senator of 89 is about to take up journalism as a means of providing himself with a comfortable living when he gets to be old!

Learn to connect your dreams of action with the world of reality. In other words, cultivate the habit of being *practical* if you are inclined to be too *visionary*. The habitual dreamer of dreams is far too apt to accept his dreams in place of the reality. Disappointment and disillusionment only serves to drive him back within himself, where he lives in a world of his own, unconnected with the world of reality. He should learn to welcome disillusionment, because it makes it possible for him to rebuild upon a firmer foundation. And after all, there is a basis of truth in the background of every experience.

Practice demonstrating success in small undertakings if you are inclined to doubt yourself. I was much impressed with a recent experience that came to my attention. A whole family was in dire financial straits through trying to live beyond their means. At last they had the courage to go back to a very humble neighborhood where they had formerly lived, and which they had been inclined to despise, and begin anew, UPON A



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BASIS OF LIVING WITHIN THEIR MEANS. By giving up the constant strain to keep up appearances, they were able to demonstrate payment of back debts, which gave them **CONFIDENCE** and they were thus enabled to build a greater and more permanent success. They had faced the reality of their problem, adjusted to it and demonstrated success in a small way, which gave them confidence and power for greater things. If your aim is too high, so high that your skill is inadequate to the strain, take a lower aim until you have demonstrated your ability and developed self-confidence and belief in yourself.

LOOK WITHIN FOR THE KEY TO YOUR PROBLEM.

THE unsuccessful and the inefficient project their own weaknesses and failures upon the world without, and offer as an excuse for their failures the meanness of the other fellow or just ill luck in general.

Such persons often do not seem to dream that the key to all their troubles lies right *within themselves*. For instance, a stenographer wanted to learn how to use New Thought so as to compel her employer to discard his dictaphones because the use of the transcribing machine gave her a headache. She mentioned that the study of some New Thought lessons had to be given up because they, also, produced a headache. She wanted to make her employer give her an increase of salary, but evidently this was regarded as a rather large undertaking, as she described him as being exceedingly stingy and generally inclined to all around cussedness in dealing with his employees.

It is a well known fact that many spoiled and neurotic children get the headache habit. Whenever they are called upon to work, or do anything disagreeable, they develop a headache. The habit often persists through a lifetime. The victim may not be conscious of the cause, but **IT IS DUE TO HIS OWN INNER RESISTANCE**, not to the work, or the unpleasant situation, upon which he projects the blame. As a matter of fact his unconscious manufactures the headache **AS A MEANS OF ESCAPING AN UNDESIRABLE SITUATION**. Not desiring to face

a difficult piece of work, or to make an adjustment that requires effort and involves personal discomfort, the headache, or some similar minor illness, is created as a way out.

Some of you will recall the incident, quoted some time ago in this department, of a young man with a wealthy mother-in-law. After repeated failures and professional disappointments, he became a chronic invalid, although the physical reason therefor was not very apparent to his physicians. An analysis by a psycho-analyst showed that he was accepting his mother-in-law's bounty and retaining his self-respect at the same time by the creation of a psychic illness. A sick man would be warranted in accepting support from a relative. Therefore his unconscious created an illness as a means of escape from an unpleasant problem.

In "Outwitting Our Nerves" Dr. Jackson says: "The fact remains that every neurosis is the fulfilment of a wish—a distorted, unrecognized, unsatisfactory fulfilment to be sure, but still an effort to satisfy desire. As Frink remarks, 'A neurosis is a kind of behaviour.' We always choose the conduct we like. It is a matter of choice. Does not this answer our question as to why some people always take unhealthy suggestions? If we take the bad one, it is because it serves the need of a part of our being."

In the case of the stenographer the headache served as an excuse for not using the dictating machine, to which she was very much opposed. Had she assumed an attitude of co-operation and given her attention and interest to learning how to use the machine, there would have been no headache. Had her general attitude toward her work been one of interest and co-operation it is safe to say there would have been no headache. It was her own **RESISTANCE** that created the tension that suggested headache.

The only way in which she might hope to influence her employer to increase her salary was by making him **WANT** to do so. Would a chronic attitude of resentment toward him, the holding of a mental image of him as a mean and stingy slave driver, tend to make him come forth with an increase in salary? There, too, the key was within herself. She could increase the value of her service, by



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pouring into her work attention, interest, love, until she would either attract more salary or be in a position to go somewhere else and get it.

Yet these same neurotics, who so often suffer from psychic inharmony and inefficient adjustment to the realities of life, may through the re-direction of their energies, through a better understanding of themselves and the causes of their troubles, make a greater place for themselves, do a greater work in the world, than many who have never been subject to such distressing conflicts.

On this point Dr. Beatrice M. Hinkle in "The Re-Creating of the Individual" says: "If any generalization on the subject is permissible, my own experience has taught me to regard neurotics as individuals in whom the greatest possibilities of a higher evolution exist. * * * If culture ever achieves anything superior to our varying standards of normality * * * it will be the neurotic who will lead the way, who will be the one to create an inner morality and a stable transformation of instinct into higher psychic forms."

LIVING IN THE PRESENT.

THE secret of happiness and efficiency in living is to be found in learning to live in the present.

Most of us waste incalculable energy in living in the past or dreaming of the future. It is human nature—undeveloped human nature—to always feel that there are greener pastures somewhere else than where we are.

But a pleasant future, rich in those things that the heart desires, can only grow out of the present. It is the USE we make of the present that determines the future.

Unless one learns to enter whole-heartedly into his work in the present, he cannot grow in the direction in which he desires to go.

If one spends his time in dreaming of the past, he takes energy from his creative activities in the present.

Power is developed by USE. We have only that power that we use. We cannot store up power for future use, except by developing our capacity to express it.

To shrink back within ourselves in the face of life's experience is to inhibit and limit our powers of self-expression. If we habitually try to avoid the difficult, the unpleasant, the obstacles that come in every human life, we atrophy and die.

To use freely one's powers in the present it is essential that one acquire the ability to disconnect from the day dreams and memories of past experiences that often come flooding into the conscious mind, and concentrate upon the work in hand. This is largely a matter of training and habit.

If we regard the work we are doing, not simply as work, a hard and perhaps disagreeable task, but AS A MEANS OF DEVELOPING POWER, as a channel through which creative energy will flow in ever increasing volume if we give it our attention, we shall find it becoming more and more easy to concentrate upon the present, and past events and phantasies of the future will be crowded out by INTEREST in present activities.

Attention, interest, love for one's work, these are the great releasers of energy. They sweep aside and dissolve inhibitions. They are powerful factors in insuring success. They focus power in the present, and help to create the habit of living happily in the present.

Few normal persons can be happy unless they are active in the PRESENT. If one lives much in the past he splits up his psychic energy to such an extent that he is sure to be unhappy and lose his efficiency. If he indulges much in day dreaming, the result is the same. In neither case is one MAKING AN EFFECTIVE ADJUSTMENT TO HIS ENVIRONMENT. That can only come from concentrating creative energy upon the work and problems of adjustment that each day brings to one.

To live in the past and at the same time try to carry on work in the present is to go into action with a great weight of depression that strangles joy and prevents success.

Train the mind to relax and then to disconnect whenever it is desirable to do so, and you will have a good foundation laid upon which to build efficiency and happiness.

NO truth so sublime but it may be trivial tomorrow in the light of new thoughts.—EMERSON.

My Never Again Worry Book

By HELEN CAIN

“WILL YOU please put r-e-c-e-i-v-e into your Never Again Book?” my teacher asked sternly. I pleased and I never forgot the word. Twenty years later I discovered that in disposition I was a sister of Job; worry possessed me while more than I feared came upon me. Again I recalled the old scheme that had cured poor spelling and in desperation I decided to try it on worry.

For an introduction to the book I chose mottoes, challenging lines that were true or those that I thought and wished might be true. Just here I made the discovery forced on every beginner in New Thought: Don't air your principles, wear them. A private notebook, I found, is worn pretty close to the heart.

First I put in Grandmother's slogan, dear practical Indian fighting Grandmother. “Everything comes out in the wash, Honey, if you use the right kind of soap.”

Then followed the chance remark of a hotel keeper: “Flies don't fly above the seventh story.” Isn't that a tabloid sermon on “keeping one's mind upstairs?”

Third was the crude inspiration:

“Do not be discouraged,

Never let your courage fade.

When you get a lemon

Just make some lemonade.”

The next entry was: “When other firms give up, we get our second wind.”

Last of all I placed my favorites which at first I could believe only in part time shifts:

“Fret not thyself, my little man,

Nor try to hurry the Eternal plan.”

“All things work together for good to them that love the Lord.”

A practitioner told me that when she started to study Truth she had to write her blessings or she would forget to be thankful and so fail to have more to be thankful for. Very well. I filed every blessing that I could rake or scrape as buoys to float over the sea of worry. As a good Catholic tells his beads so I read my buoys, from a relative with a car and a restless child when I needed a trip, to a mortgage lifted just in time for Father.

Then came my worry antidotes proper, specific cases worried over and how they came

out right, hours, months, years later. The least convincing entry in the book proved to be at least a capitalized failure.

Here are some of my findings:

Flat failures may give a return in character. An apparently endless succession of small disappointments like a play faithfully coached, a falling stove pipe that ruined a cleanly mopped floor, a composition prize lost to an inferior workman, returned dividends of sympathy and patience which eventually meant more friends. When we are contented and selfish and unawake, our friends' troubles touch us as soft rain on a tin roof. When we in our turn are discouraged, others' problems are a further pouring into our souls of the need for the solving of failure.

Failures may prevent worse failures. Training a pageant failed. I stood too far away while directing, too close while correcting, and in person I tried to superintend the exit of two hundred healthy children. The result was a stampede but nothing was hurt except my pride and I did learn that it is wise to save energy and to divide responsibility.

Social failures late in my teens turned gold before my eyes. An eminent professional man and—shades of the past—a Montana bar keeper had united in declaring that I talked too much. The humiliation taught me that too much talking comes from lack of ease or selfishness and that men like women who let the men do the talking.

A corn colored gown was expensive and unbecoming. In spite of the blond poster girls draped in yellow I shall henceforth know that my pink cheeks and red hair and yellow look hectic.

Failures may lead to better things. A disappointing photograph showed a pasted smile and a mole on my cheek. I conquered that nervous trick of my mouth, then I visited an expert in electrolysis. She was a New Thought student, by the way, and insisted “There's no use giving any patient a beauty treatment unless he is in a good humor first.”

An ivory vegetable brush was a Christmas gift the year I was most homesick. At first I was exasperated with that queerly shaped little instrument because it constantly reminded me of the kitchen in which I longed

to be cooking. One day I flung it into my suitcase to be rid of the sight of it. It thereafter took lint off my tricotine suit better than any pigs' bristles on the market and it was much easier to carry!

I lost a job which I imagined I wanted to keep. I secured another with more stimulating surroundings, truer friends and quicker advancement.

Religious failure(which is generally called doubt) led me to read Emerson and Isaiah, Science and Health and Helen Albee's Gleam. The gist of the reading was that "trials are proofs of God's care" and that things come not as "accidents but as teachers."

Worry over loss of sleep and fatigue gave

me greater capacity to work for I learned to carry on this conversation with myself:

"Whose work are you doing?"

"Some one's else."

"Much worry."

"My own."

"Some worry."

"God's."

"No worry."

In God's school we are meant to learn every lesson. Nobody can fail, but he can waste a long time in one grade. I am thankful that Worry has been my teacher and that she has shamed me into thinking and calmed me into trusting. As for my Never Again Worry Book, it has been first a game, then a habit, then a life.

How Suggestion Changed Mrs. B Into A Radiant Personality

By ISABEL FORNER WEDDON

SUGGESTION is a powerful factor in development. Often the impetus of a hint has changed the entire trend of a life.

There was the case of Mrs. B—. We all felt sorry for Mrs. B—. Perhaps a little contempt mingled with our pity, for she had reached the stringy-hair stage, with sloppy skirts and run-down heels to match. Her ambition had been dead so long that she no longer saw even its ghost. We never met her but she pinned us down to a wearying half-hour of whining and complaint. Not a thing we could do or say ever buoyed her up. Her husband and her health were gone; her case was so sad and so much harder than our own that of course we could not be expected to understand. It was discouraging to deal with her for she was so negative she simply refused to let us help her.

We talked her case over, and put the matter up to Mrs. R—. Mrs. R—. was the recognized leader of our little set. Coupled with her way of handling people and things was a charm of personality rarely met with. She was the logical one to take Mrs. B—. in hand; if she could not help her, then no one could.

It came about like this: we were all gathered in Mrs. B—'s. sitting-room, just nicely

settled to our knitting, when our hostess began her usual tale of woe.

"My dear girl," asked Mrs. R—., gently, "why don't you tell yourself you are the most radiant thing alive; that there isn't any lovely thing you don't radiate—joy, courage, poise, beauty, exuberant health?"

One of the ladies opened her mouth and closed it without a sound, and I caught Mrs. R—'s. glance just in time to swallow a snicker. Mrs. B—, had not noticed. Her droning voice was objecting:

"But I'm not, Mrs. R—. I used to be considered—."

Mrs. R—'s. interruption was almost brutal: "I know you are not. But tell yourself you are, anyway, and see how much better you will feel. I know."

Someone relieved the tension by asking how many stitches she ought to purl, and the subject was dropped. But that was a hint that told. We laughed at the time, but we are all trying it now. Mrs. B—. took it straight to heart.

The first time she said, "I am the most radiant thing alive," she looked into her mirror, acknowledged it was a palpable falsehood, recalled her youth and health and bloom, and wept. The starch was gone out

of her, that was all. But the picture of the glorious Mrs. R—. persisted. Then a tiny wish intruded. If she could only be like that! Come to think of it, Mrs. R—. had had trouble, too, but only those who knew her intimately were aware of it. Well, there was a difference in people!

That same day a friend discovered Mrs. B—. smiling faintly. In a pitying attempt to encourage the unusual mood, she remarked:

"How bright you look today, Mrs. B—.!"

And before Mrs. B—. realized it, she admitted she was feeling better!

She began to primp. She took her best shoes to the repair shop and had the heels straightened; after that she had them polished. She went home, put them on, and ENJOYED the feel of them. Then she put fresh collars and cuffs on her frayed dress. She PUT that on, arranging the gathers and setting the hang of it, contrary to her custom of letting it hang where it happened to stick. Her hair cried aloud for attention. For the first time in years, she put a curl in it; she pasted up the fringe at the back of neck with a little gum arabic. She certainly was looking better! After some consideration, she decided that half-a-dollar for a manicure would be a good investment. So she patted a bit of cornstarch on her nose, set her hat at just the right angle, and pinned it firmly in place. If the hat missed the usual frolic of a skid around Mrs. B—.'s head, it gave no sign. Mrs. B—. was well pleased with herself. The corners of her mouth refused to

stay down. And Mrs. B—. made the discovery that she did not want them to.

Daily, hourly, new ideas suggested themselves, and Mrs. B—. wakened to enthusiasm by the surprise and compliments of her friends, followed every tack that promised improvement.

She became interested in people and things. As outside interests grew, she found she had less time to worry and think about herself. For the first time in years she was alive! And always now she affirmed:

"I am radiant! I am RADIANT! I AM!"

Came the zesty day in October, when, joyously stretching her muscles in a walk, and feeling alive in every part of her being, she side-stepped a man's hat, and bumped, full-tilt, into his arms! Mr. L—., the man in the next block was famed throughout the neighborhood as the friend of dogs, cats, children and old ladies who frankly wore their hair white! It was not in any one's memory that he ever spoke to a lady under sixty. His embarrassment was complete.

"Er-how do you do?" he stammered.

She turned on him the full battery of her smile, and her subconscious answered:

"Oh, thank you, I am RADIANT!"

The poor man fled in confusion. But it was surprising how often they ran across each other after that.

They were married in June. Whenever Mr. L—. has occasion to introduce Mrs. L—. to old friends, he says, slyly, "My wife, the most radiant thing in my life."

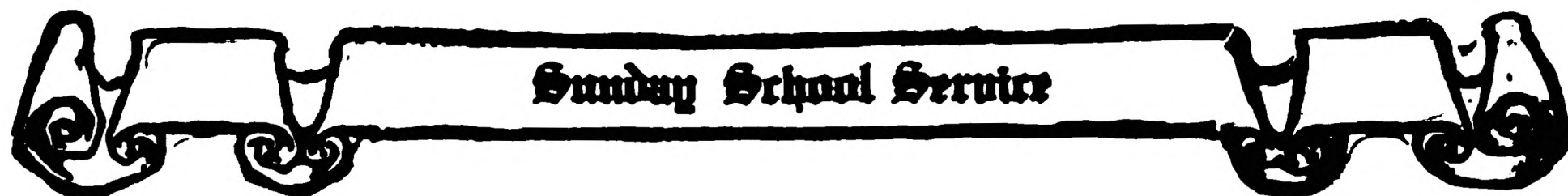
God Made Me and Meant Me

By ALICE AMES WINTER

WHEN we think of men not as men, but only as bankers and shoemakers; when we use the same word, typewriter for a machine or a girl; when a carpet sweeper may be a brush with a long handle or a woman with two legs and an immortal soul, tragedy stalks us. It is bad enough when we think of others in these terms, and still worse when we think of ourselves as functions and not as people.

The remedy is to realize our eternal individualism. No one in the world has fingerprints like mine. No one else in the world has just my delicate balance of faculties. No one else belongs just in my niche. The God who made me meant me. And yet—with all this clamoring individuality, so gregarious am I, so interlinked with the rest of you and with all the rest of the universe, that I fit right into it and feel the pulses of the furthest star.—Quoted.

A MISERABLE state of mind is the consequence of cowardly thoughts.—
GOETHE.



International Sunday School Lessons

Interpreted for Ministers, Teachers, Students and Others who Study the International Bible Lessons

Class Work by REV. GEORGE C. GOLDEN

July 20. THE BAPTISM OF JESUS, St. Mark, 1-11, or DIVINITY ACKNOWLEDGED.

Bible Readings: St. Mark 3, St. Luke 3, St. John 1.

GOLDEN TEXT: *Thou art my Beloved Son, in Thee I am well pleased.* St. Mark, 1, 11.

NEW THOUGHT GOLDEN TEXT: *I am the Light of the World.* St. John 9, 5.

IN THE account of the baptism of Jesus, the two steps of Illumination or Self-realization are definitely delineated. On repentance Divinity immediately follows. Coming Self-discovery has its preparation in the knowledge of the falseness of the lower self with its fears, limitations and sense of matter.

Repentance has been described as a determination to forsake evil and a resolution to obey God. For the student of metaphysics, such a definition is too negative. It retains too much of the taint of dualism. It does not build strongly enough on the statement of the Master that God is All in all. If God is the All, then evil is really non-existent—it is the work of the devil (race illusion) who is a liar and the father of lies. Therefore repentance is not only a turning away from evil but it is an understanding that evil has no power excepting that which we falsely give it in our own consciousness.

This is the standard taken by the Master. "He was not hypnotized by the world belief in the drowning power of water, the incurableness of leprosy, blindness, deafness and death. He was not caught in the limitation of bread or water or gold." Repentance for us means that "we are not caught" in the limitations of physical, social, financial or racial handicaps but know, because the Spirit in us is Divine, nothing can stand in the way of our Self-realization.

Repentance, therefore, is freedom. It is taking the liberty that is ours. It is the gracious acceptance of Truth which is the final stage of Illumination or Self-realization. This is the acknowledgment of the Holy Ghost within us.

"The Holy Ghost is within us. It is the thing that prompts us to be *real*, not to push our cravings too far, not to submit to stunts and high falutin, above all, not to be too *egotistical and wistful* in our conscious self; but to change as the Spirit inside us bids us change, and leave off when it bids us leave off, and laugh when we must laugh."

Silent Affirmation.

He is the greatest Soul who is so identified with God that his outer ears cannot hear complaints of limitation.

July 27. THE TEMPTATIONS OF JESUS. St. Matt. 4, 11, or SPIRIT MADE CAPTAIN.

Bible Readings: St. Mark 4, St. Luke 4.

GOLDEN TEXT: *In that he himself hath suffered being tempted, he is able to succor them that are tempted.* Hebrews 2, 18.

NEW THOUGHT GOLDEN TEXT: *In whom we have boldness and access with confidence by the faith of him.* Ephesians, 3, 12.

THE reader of this lesson is impressed with the fact that later, the Master did two of the actions from which he refrained in the day of temptation. He refused, on the instigation of the tempter, to turn stones into bread for himself to eat. But later on he materialized bread for the nourishment of thousands. He refused to cast himself down from the temple. But a year or so afterwards, when his enemies were pressing Him hard, He made Himself invisible and passed through the crowd, divinely protected.

What is the difference? Simply this: If he had obeyed the temptation, the action would have been in the nature of a "stunt." It would have been spectacular, dramatic and, therefore, superficial and insincere. It would have *lacked the backing and prompting of the Holy Ghost or Real Self within him.* But when he fed the starving multitude, the food he dispensed was but the sign of the Infinite Divine Love that was pouring through him for these people. The temptations are important to us because they reveal to us the principle that there is no real life that has not its source in the sincere expression of our real Selves.

This principle of living is illustrated for every one of us every day. A man who should have been a mechanic is in a profession where he is straining every faculty with little success. On the other hand, a born teacher finds every morning a wealth of ideas opening up for him in his natural vocation.

The reason is patent. The person in his natural vocation is in harmony with the Cosmic Life in him and he has as his advisor and supporter his Higher Self working in union with him. His occupation then becomes, not a means of support, *but a Mission, a Purpose, a Divine Destiny*, and because it is there, he finds in it also ample recom-

pense, for society is so framed that it cannot afford to hinder or restrict its Artists who are feeding it.

Silent Affirmation.

Because all life is from within, I look to my Higher, Secret Self and let It express Itself through me in real emotion, thought and action.

August 3. THE FIRST DISCIPLES OF JESUS. St. John 1, 35-46, or BROADCASTING TRUTH.

Bible Readings: St. Matt., 4, St. Mark, 1, St. Luke, 3.

GOLDEN TEXT: *Jesus said unto him, Follow me.* St. John, 1, 43.

NEW THOUGHT GOLDEN TEXT: *In Him was Life and the Life was the light of men.* St. John, 1, 4.

METAPHYSICS impresses on its students that once they have received its Truth, they can no more look upon their fellowmen in the old restricted, limited light than the people of the days of Columbus could return to their belief in the "little world" after they had been convinced that new land *did* exist.

Knowledge of the Divinity of the Self Within breeds acknowledgment of the Divine Self of our neighbors. The Master, realizing that it was his Divine Destiny to prove the Divinity of all, immediately perceived that it was also the Divine Destiny of others to aid in the work of proving the Truth, and he immediately set out to awaken the sense of Divinity in twelve men who would aid him in broadcasting the Science of Being or the Gospel.

If you strike a note on a violin, a piano that is in tune with your instrument will immediately vibrate on the same key. If your boy is dull, appeal to his bright, active, energetic Real Self, and you will see him vibrating back the thoughts that you have been broadcasting.

A broker was having trouble with a producer whose goods he handled. The producer was growing unethical; he was killing his own and his broker's business by his short-sighted, stubborn policies. The broker, on the advice of a teacher of metaphysics, immediately began to treat the producer for harmony, enlightenment and understanding. The result was, in the words of the broker, a miracle. But "the miracle" was just the result of mental and spiritual laws, intelligently used. The broker was broadcasting Truth for the producer and by Spirit's telepathy, the producer caught it and it opened up in his mind new areas of consciousness just as the faith of the Master that he would discover his disciples, awoke the twelve men to a higher sense of their Divinity and Destiny than they had previously perceived.

So we obtain our freedom by refusing to acknowledge the limitation of ignorance, prejudice or fear and by knowing the perfection of the Perfect Life in whom we "live, move and have our being."

Silent Affirmation.

The Universal is instantly available and in thought I utilize its perfection to demonstrate efficiency in all the Spirit moves me to do.

August 10. THE FIRST MIRACLE OF JESUS. St. John 2, 1-11, or THE JOY OF INSPIRATION.

Bible Readings: St. John, Chapters 2 and 15.

GOLDEN TEXT: *Whatsoever he saith unto you, do it.* St. John, 2, 5.

NEW THOUGHT GOLDEN TEXT: *If ye abide in me and my words abide in you, ye shall ask what ye will and it shall be done unto you.* St. John, 15, 7.

THE Master gave to life a new interpretation. He imparted a new meaning to existence. Sacrifice and implications have passed away, weeping and fear were impossible to them who knew that the Father was "closer than breathing, nearer than hands and feet."

The story of the first miracle at Cana is a symbol of the wine of inspiration that he drinks who believes the words of the Christ as Truth. It was written by a poet of some zealots that "they hoped to merit heaven by making earth a hell." The Master proved earth heaven by believing in the Presence of the Indwelling Almighty Father. This belief, this understanding, is the true wine of inspiration that brings with it a joy that does not pass away but grows greater and greater.

The world is the playground of the Soul. Existence is the joyful, spontaneous expression of Free Spirit. To assume this belief and to understand this Truth, frees the mind of its inhibitions and allows the Infinite stream of Ideas to pour freely from Soul into mind or from desire into detailed understanding.

Every one of us has enough inspiration to make a genius, but we "shut down" on our intuitions because we fear they are impossible of realization. The Christ reveals that these inspirations *are* possible of fulfillment and this knowledge enables us to *will* them into manifestation. This is inspiration. This is drinking the energy-producing and idea-begetting wine of knowledge.

Says Prof. Henri Bergson: "The abnormal person continually lags behind the continual pressing forward movement of Spirit, always with the past, unable to keep step with progress. The abnormal person is the result of a *negative will* moving round a center, while the normal person moves through an experience and conquers it and is quit of it and is ready, moment by moment, for more life, ready to become knit in the law of Spirit and by deliberate choice to *will* to enter into the renewing creative process."

Silent Affirmation.

I will that all the good thoughts manifesting in me as desire shall be manifested and because my will is single and my mind turned towards them, the joy of this creative living fills my whole being.

YOUR DUTY: The things you have to do, and not a damn tap more. The other man's duty is the things you think he should do.—ELBERT HUBBARD.

The American School Department

Metaphysics

Christianity

Psychology

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New Thoughts for Meditation Taken from the Lesson.

WEEK OF JULY 6: My Father knoweth what things I have need of.

WEEK OF JULY 13: I do my best, then leave responsibility with the Father.

WEEK OF JULY 20: I leave to the subconscious mind all functions that belong to the subconscious.

WEEK OF JULY 27: My Father doeth the works in and through me.

THE TRUE KEY TO SPIRITUAL HEALING

7. MORE ABOUT PRAYER.

By PAUL ELLSWORTH.

THE student who strives earnestly to carry out the suggestions about prayer contained in the previous chapter will sooner or later find his progress checked by an unseen limiting factor. He will discover by experience that prayer is, indeed, a ladder or an evolution, and that the seeker is not allowed to stand too long on any one round.

The limiting factor is contained in the very nature of the prayer of petition. To pray for definite things—even for such simple and obviously necessary things as daily bread and forgiveness from sin—is to hold the world and its limitations to you in thought. The final purpose of prayer, however, is to enable the seeker to forget the world, to cleanse himself from it. As long as he sticks to the prayer of petition, he finds that when he most needs this cleansing of consciousness—when the problems of the everyday world are most insistent and pressing—it will be most difficult for him to attain the spiritual consciousness of the All-ness of God. He is holding his troubles to him by his petitions, while he is trying to cast them away by his prayers.

The solution of this paradox lies in one of the deeper statements of the Master with reference to prayer. He said, "Your father knoweth ye have need of these things." Jesus never made the mistake of teaching advanced methods and philosophy to those who needed the patient guiding of the kindergarten; he taught his disciples the prayer of petition, and embodied in it principles which not even two thousand years of Christianity, so-called, have fully dissolved and rendered clear and available. But even while giving his followers this elementary lesson in prayer, he laid down an advanced principle which is available for those who can use it.

Perhaps the point we are trying to discern here can best be illustrated by the workings of prayer force on a lower plane than that of petitionary prayer. The "suggestions" of the materialists are simply prayers directed to the little god of the unconscious mind, rather than to the great Father of us all. And in a measure they are effective, for those who stand on the bottom round of the ladder of prayer.

Many years ago a student of suggestive method decided to use suggestion in curing himself of insomnia. He had been a victim of wakefulness for a long time, and the habit seemed to be fully established. He had tried the usual remedies—counting sheep, repeating poetry, drinking hot milk, etc. Now he determined that he would demonstrate the effectiveness of suggestion in correcting this vicious habit.

From the beginning of this attempt he met with some success. On many nights he succeeded in

throwing himself into a deep sleep by repeated, concentrated suggestions. But there was one fly in the ointment: on the nights when he most needed sleep suggestion availed him nothing. He would go to bed on these occasions, realizing that the next day would be a day of unusual trial, and that he greatly needed a night of rest, physical and mental. With this idea in the margin of his thinking he would suggest firmly and repeatedly; but sleep invariably evaded him. Only when the gray light of morning was stealing into the room did he feel the clutch of the devil of insomnia slip from him; then, as often as not, he would sink into a heavy slumber, from which he had to be aroused by other members of the family.

Eventually the meaning of this phenomenon came to him. It was at the moment when he said to himself: "There is no use trying to get to sleep now—it is too late!" that he fell asleep. In other words, *it was just when he laid the burden of responsibility off his conscious mind* that he succeeded. From the moment of this discovery he adopted a new and successful method of dealing with insomnia.

Instead of suggesting or affirming sleep, he said to his inner consciousness: "This matter is entirely up to you. If I need sleep, you see to it that I am sleepy at the right time. If I am not sleepy, I shall make no attempt to go to sleep!" He arranged his reading lamp on a table beside his bed and kept at hand an interesting book. As often as he found himself unable to go promptly to sleep, he braced up his pillows, turned on the light, and read till his eyes became heavy. Then he went to sleep *because he was sleepy*.

He applied this same method to the cure of constipation of many years' standing. He had read much about the dangers of constipation, and gradually had shifted the responsibility for the regularity of this function from the unconscious mind to the conscious. It was a burden consciousness was never intended to carry, and the moment this transfer occurred he found it necessary to resort to all manner of expedients.

Now he handed the responsibility for the func-

tioning of his vital machinery back to the unconscious mind, where it belonged, and promised himself not to interfere with it again. Because of fear thoughts deeply implanted by the warnings of friends and physicians, the cure was not quite so prompt on this occasion. His faith in the principle he had discovered was tested pretty thoroughly; but he stuck to his resolution, and at the end of a month saw himself freed from the tyranny of this old perversion.

The principle back of these two incidents may be stated in this way: there are certain functions connected with successful living which are normally controlled and directed by the unconscious mind. The individual who seeks to reverse *this* normal order and who thereby takes upon his conscious mind these physiological details, soon finds that he has assumed a burden which it is impossible for him to carry successfully.

Now let us see how this same principle applies to a higher turn of this spiral of prayer. Unconscious mind, the subconscious mind of the individual and of the race, has certain functions which it alone can successfully perform. In like manner, superconscious mind—Divine Mind—has certain other functions pertaining to the welfare of the individual, which it never delegates to any other phase of consciousness. The thought of the world, "common sense," common belief, is that the individual must himself do everything that is done for him. When he learns to pray, he is apt to carry out this indirect suggestion of personal responsibility by praying for everything he can conceive himself as needing. And as long as he believes in the need for this detailed and specific sort of prayer, it is necessary for him. That is why Jesus taught his disciples to pray for daily bread: he knew that he could not, even if he would, violate the inner law of their unfoldment. He could not hurry them on through the kindergarten of the spirit. But at the same time he gave them a principle which eventually would lead them out of bondage to all petitions: "Your Father knoweth that ye have need of things!"

The Light that Grows

By MARCHESA ALLI MACCARANI

"Every man at the beginning doth set forth good wine and when men have well drunk then that which is worse: but thou hast kept the good wine until now."—JOHN II-10.

MY CHILDREN, oh, my children, do not dream

That Love's swift-rushing stream
Flows but in youth's sweet spring,
And leaves to Age but grief's regretful sting
On shattered aspiration's broken wing

But Life's mysterious fears
That cause its line to tremble as the great zero
nears.

Time's gentle rain whitens the dye of pain
And renders dim sin's stain.
In veils that more obscure
And frailer grow, Love reigns but more mature
And passion rises to its fountain pure!
'Tis moon's pale to their rest,
But suns grow redder still that hasten towards
the west.

CONSERVATIVE: One who is opposed to the things he is in favor of.—ELBERT HUBBARD.



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—THE EDITORS.

Success Letter No. 943.

NEW THOUGHT DEVELOPS MIND AND BODY.

Words cannot express my gratitude to New Thought. Down in my heart I believe there is no one it has done more for in development of mind, soul and body.

When *Nautilus* came to me I was just a little school girl, twelve years of age. My home life was miserable. We were considered well-to-do, as my father owned two fine farms and lots of live stock. But he was a man that didn't seem to care for his children. Likewise, my mother was no companion and advisor to me.

The year I finished the country school I wanted to go to high school. But father wouldn't listen; so again I met a great disappointment which, through the study of New Thought, I soon forgot.

A neighbor gave me a pure-bred white wyandotte hen and a setting of eggs. This opened father's eyes. He bought me more chickens, made a nice

pen, and told me how to care for them. I got eggs from the start, and in that way had spending money. I loved to gather the eggs and set the hens, and when the little chicks came I spent much time with them, dreaming of what I would do with the money they would bring me.

In the fall I decided to go to business college in another town. They guaranteed positions, and I was ambitious and studious, so why shouldn't I succeed? So I sold my bunch of chickens, bought a few clothes and, with very little money in my pocketbook, went. Mother was willing, but father was not. So I entered on credit for my board and tuition.

I became so interested in my work that I never practiced New Thought. Soon my money was gone, and I had to write to mother. Of course, she couldn't see what had become of it, not knowing the expenses of school work. She managed to sell some lard and sent me \$5, promising to send more as she could.

Mother took sick, was sent to the hospital, and I had no money. Room rent was due and a new set of books must be had before I could continue my work. What would I do? Something must be done quickly.

I had forsaken the way of righteousness, affirming and prayer. So I wrote five false checks on my father, each time purchasing clothing and making it more than the bill.

After it was done I feared the consequences, so left the next morning for Kansas City, not even knowing where I was going and with not much money. I thought my folks should never hear from me again if I could find work.

When I got to Kansas City I was very excited and nervous. Finally I decided to go to an aunt of a girl friend back home. I introduced myself and told her I had been to business college and wanted to find a position as stenographer, although I knew I was not capable for that. The next morning she told me where I might find one. I landed a filing job.

The next day I was fired from that job, but

they decided to try me on another. It was very much out of my line, so the next day I was fired for good. I had my room rent paid, but not much money to eat with or look for another job.

I went to another factory I had heard of and got on as a typist at a small sum. This appealed to me, so I held my job. But in three or four weeks nearly everyone was laid off, including myself. I was chumming with my room-mate, who was soon to be a bride, and worked here and there. Through her I learned a little of the city, and found a few odd jobs.

Meanwhile, I was growing very dissatisfied, as my clothes were getting shabby again, and I made barely enough to live on. I was wondering whether father made those checks good, or if the police would be after me.

Then I couldn't find any work, was out of money and too proud to ask for help. So I did the worst thing imaginable. Knowing where my room-mate kept her money, I took \$18, all that was there, and some of the other girls' best clothes, and went home.

As my folks had no 'phone, I went to my friend's (the one whose aunt I had been to). She was glad to see me, and to learn that I had called at her aunt's. Then she told me mother was in the hospital—just a block away. We went to see her. She hardly knew me. When she did recognize me she asked me why I wrote those checks; said father wouldn't back them, but my brother made them good.

How relieved but embarrassed I was. I explained all to my friend, and she sympathized with me.

About two weeks later someone called over the 'phone, asking if I was there. My friend's mother said yes, and wanted to know to whom she was speaking, but received no answer. I felt suspicious. The next morning the sheriff called for me. A detective was waiting to take me back to Kansas City.

I told them all the truth. They set a day for the trial, and the judge sent me home without bond, besides paying my fare. Everyone was good to me and seemed to wonder why the daughter of a rich man and a good citizen should steal. The sheriff had a talk with father. Mother was up, so he took us both home. Everything seemed wonderful in God's open country, even the large, lonesome, dirty house.

My greatest surprise was that I found a number of New Thought books. *Father had found some of mine and bought more.* He went to the trial with me and paid for everything I had taken. The girls all forgave me and wished me happiness.

Now that I had been out in the cold world, it seemed so good to be at home where I could be alone and think. I quickly took up New Thought. Father was better to me and I tried to keep things neat and clean.

My friend and I were going with boys now, and I was better looking and not nearly so backward. I erased the past, began life anew.

I made the best of my environment, kept myself busy, and took fifteen minutes each day to go in the silence. I became as a little child, believing all would be well. "All good things are rightly mine" was ever on my tongue. A new faith

dawned upon me, the "peace that passeth understanding."

Within a few months people didn't know me, I was so changed. How God works in mysterious ways His wonders to perform!

Then I met my Prince Charming. At last I had found a friend on earth, someone to love and care for me. How happy I was. (I had never sat on my father's knee nor had mother ever loved and kissed me good night.)

Today we have two beautiful children and are lovers still, but O, the disappointments and mistakes of my life! But I do not regret these bitter experiences, for, through them all I know deep down in my heart I loved Good and all things eventually work together for good to those who love Good.

There is no one who longs more than I to be a real mother to her little ones and see that they may develop along the lines they choose. For think what I might have been if I had had the love and interest of my parents, or had I not left the teachings of New Thought.

I have dropped my own ambitions, but possibly they will manifest in my children. Mine is a comfortable home, a beautiful face and figure, good health, fine babies, a loving husband and father, friends, and that wonder-faith gained only by practice and the realization that God and I are one.—MRS. E. W.

Success Letter No. 944.

TWO LIVES AND HEARTS TRANSFORMED BY NEW THOUGHT.

It was in July, two years ago, we had our first glimpse of New Thought. At that time we were broke, my husband too sick to work, two small grandchildren to care for, and in a dead town.

I was cooking in a railroad eating house, and picked up a discarded *American Magazine*. Took it home for my husband to read, and he answered the ten-cent offer of *Nautilus* and a booklet by Ella W. Wilcox.

We were so poor I felt like scolding him for wasting a dime. But when, about ten days later, the magazine came, we just devoured it. It was just what we were starving for, as we were both grouchy and sour on the world.

We commenced on our own dispositions, and we began to improve at once. Our first affirmation was: "*Peace be within thy walls and prosperity within thy palaces.*"

We wished to sell our home, and began by visualizing ourselves as receiving the money from the buyer and praised and thanked God for it. In less than three months we sold out for cash, after trying our own way for over a year.

My husband became very sick, and when Mrs. Towne's Four Lessons for Health and Success arrived, the doctor and neighbors did not think he could live. I read Lesson I over and over to him, and he would hold it in his hands and enter the silence, and afterward visualize himself as well and strong. He surprised everyone, the doctor in particular, by getting well. Of course, the doctor got the praise, but we knew and gave God the praise and glory.

Now that we had sold out and he was well, we felt as though we could go somewhere and do better, and we felt as though it was time our daughter made a home for the children. So we began to affirm for a good husband and father for the children. Very soon, in her letters, she began to mention a name we had never heard before. Now she has a lovely home and an ideal husband, and he is foolishly fond of the children. They have been with her now over six months and everything is lovely.

We now make it a rule to apply New Thought to our simplest every-day problems, and we are never disappointed.

From two sick, sour, grouchy, old cranks we have grown young, healthy, happy and prosperous; have a good paying position and a growing bank account and owe it all to New Thought, as taught by *Nautilus*, and kindred literature.

We have had our best success by using Brown Landone's method of "Idealizing the Process." Go over every part of your problem in your fancy until you have it thoroughly imagined in your mind and, as Mrs. Towne says, "Ask and believe, and you shall have it."—MRS. E. M.

Success Letter No. 945.

SUGGESTION CURES A LITTLE BOY OF BAD HABITS.

I have a little boy, four years of age, who had the very disagreeable habit of bed-wetting. I have recently cured him by the means of suggestion during sleep, and I would like to pass along my experience to other mothers who might benefit by it.

We had tried everything to cure him—everything except suggestion—and, although I had often read of that method, I did not know exactly how to go about it. It seemed strange that any child could be influenced during his sleep. But, as the various kinds of medicine and the spankings had done no good whatever, I resolved to learn how to apply the one method which I felt sure would cure him.

The gist of the treatment I finally used was this:

1. I sang a gentle little bedtime song over and over again until he became drowsy. While singing I stroked his forehead very gently and lovingly.

2. When he closed his eyes I began talking in a gentle tone. I said: "Mother is talking to you, dear. You will be a good boy tonight and tell mother when you want to go to the bathroom. Of course you will." Then I would always make the affirmation in the first person singular, as Mr. Warman suggests: "I will be a good boy and tell mother when I want to go to the bathroom. I will wake right up and tell mother."

3. I repeated this suggestion at least six times every night upon retiring.

The first night I used this treatment I was awakened by a piercing scream from the direction of the little white bed. "Ou! Mudder, I want to go to baf-room." So I tumbled out and carried the screaming boy out of the room.

He has not repeated his early offense from that day to this. I still keep up the treatments, how-

ever, and if I notice any little disagreeable habit he seems to be forming, such as tormenting his dog, snatching playthings from other children, or spilling food on the tablecloth, I use the treatment at night instead of scolding in the daytime, and he is always cured.

Mr. Warman says, "The nighttime of the body is the daytime of the soul. The sleepy time of the child is the impressible time."—M. B. S.

Success Letter No. 946.

HOW I TREATED AND CURED MY 10-YEAR-OLD DAUGHTER.

About five weeks ago my little girl, 10 years old, was taken very seriously sick with "a quick cancer of the tooth."

You can imagine how I felt when the doctor told me he couldn't at that time give me any encouragement, as it looked rather bad to him. In fact, he said, he had seen them go down in three or four days. That was Sunday morning. That night I decided to try demonstrating health for her as I had read of someone doing in one of your magazines. I retired to my room alone and went into the silence, and I visioned her as a well, healthy girl. In my mind I could see her up and around again. I could hear her voice saying, "Mamma, I am all well now."

The following day, whenever I would think of it, I would picture her in my mind as well.

I refused to think she was to be taken from me.

The result is, in five weeks' time she is in school again. She is still under treatment, but all danger is past.

New Thought is helping me to health. I am 75 per cent better than I was before I took up New Thought. Mine has been a nervous trouble.

I let a friend of mine read a few numbers of your magazine, and she liked it so well she is going to subscribe.—L. E. C.

THE PRIZE WINNER for June is M. L., Pa., who wrote Success Letter No. 942. We shall be glad to send the prize of three subscriptions wherever the winner directs.—C. H. S.

FOR WORLD PEACE

WE the Rising Generations, demand a United States of the World.

We want our idle vessels and ships to be used in times of peace for a Public University of Travel, a white fleet that shall tour the world every year.

We want these ships manned with the best instructors in Art, Literature, Travel, History, Modern Languages, Sociology, Human Nature and Universal Brotherhood.

We want the students selected according to all-round merit from the graduates of public High Schools, and Industrial, Vocational and Technical Schools of all the States.

We want this postgraduate year of travel given at the expense of the nation, the students co-operating systematically with a minimum naval crew, in all work done aboard ship.

We believe in these things.

We pray for them.

We talk them.

We work for them.

We vote to this end.

—Elizabeth Towne.



A DEPARTMENT OF
CONSULTATION AND SUGGESTION
CONDUCTED BY ELIZABETH TOWNE
AND WILLIAM E. TOWNE

*"O wad some power the giftie gie us,
To see ourselves as ithers see us,
It wad frae mony a blunder free us
And foolish notion."*

We answer in this department the 1001 personal problems that are put to us—as far as space and time hold out. And we make one answer do for more than one questioner when possible. Letters that demand reply by letter should be accompanied by at least \$5.00 in payment. We would answer every letter gratis if it were humanly possible. We MUST curtail, hence the charge for querists who feel they cannot await their answers in these columns. To insure careful attention in our office write "Family Counsel" at head of sheet, and write your subscription order or other business on a separate sheet.—ELIZABETH TOWNE.

MRS. L. K.—If you marry with a hard and unyielding standard in your mind regarding what you expect from your husband, it is more than likely that you will be disappointed. When you demand a specific return for what you give in the way of love, you will seldom get it. It is far better for your future happiness to face the fact that human nature is not perfect, that no one is wholly good nor wholly bad, and that both parties to a marriage will have much to which to adjust. The spirit of love and the will to forgive, make a far safer basis for a happy marriage than a hard, unyielding code of conduct to which the other fellow is expected to conform. You can only WIN love; you can neither demand nor command it successfully. *Only love attracts love.* If you start marriage with an inflexible standard of conduct for your husband, and in a spirit of suspicion, you will attract and encourage deceit on his part. If you live and express LOVE and a spirit of forgiveness, it will be much more difficult for him NOT to respond, and he will be far less likely to deceive you. Whenever either party to a marriage assumes the attitude that he (or she) is all right, and the other alone is to blame for any unpleasant element in the mutual relationship, it means that they will grow farther apart instead of closer together. Let each one look *within himself* for the solution of any inharmony that develops, and the probability of success in the relationship will be much greater.

B. E. H.—Your great trouble seems to be self depreciation and lack of self-confidence. That keeps you from approaching your work in a spirit that would make it easy. It is not the work itself, but your mental attitude toward it that makes it so hard for you. With a real interest in your work you could get through with it much faster. As it is now you go into action each morning with a terrific handicap due to resistance to your environment and self-created burdens caused by

your doubt of yourself. It is only natural for the children to "get tired, restless and naughty." They would not be normal children if they did not do so. Instead of worrying because they do so, you should accept it as a natural thing, something every teacher encounters, and adjust to and deal with it in the most constructive way you can and then forget it when the day's work is over. You are using too much *will* and far too little imagination, attention, interest. You are *trying* far too hard to make good. This adds greatly to your worry and burden, and helps to give you the feeling that you are "driven to death" with work. It all serves to keep you from making real progress, which can only come when one's activities are keyed, to a reasonable extent, to freedom and gladness. You emphasize and dwell upon all your shortcomings and apparent failures. You never think of your real achievement. You say you "read all the time." This alone would be enough to keep you from succeeding. You should take a long walk every day, enter into social activities and enjoyment. You hold yourself with such a tight rein that you strangle your energies and make your life a burden instead of a joy. It would probably be the best possible thing that could happen to you if you lost your position and had to go to work in a new environment, even if at some other kind of employment. What you need above all is fuller self-expression. You are far too painstaking, repressed, self-condemnatory for your own happiness and well being.

MRS. B.—One's powers of adaptation are infinitely greater than he imagines. You can undoubtedly go much farther in the way of adapting yourself to your husband's tastes and habits without harming yourself, if you really desire to adapt yourself, and I think this is the only way you can hope for happiness. For the time being, at least, it seems to me it would be foolish for you to go to work. It would almost surely mean the breaking up of your home. Read the little booklet, "Evolution of a Real Marriage," and put into practice the principles it explains. If you are to win your husband to your way of thinking and living it must be accomplished by creating in him the DESIRE to please you. You will make no headway by criticism, reproach, resentment, etc. That will only drive him from you. Your happiness is not dependent upon any other person than yourself. You are fully capable of dealing with every situation and adapting to it in such a way as to leave your mind at peace. It is not the conditions of your environment that make you unhappy so much as it is your resentment of those conditions, the way in which you react to them. Whatever you do, keep active and busy. You will find work a good friend.

MRS. J. T. C.—If you have not already done so, I would go to a capable surgeon and get his advice. It may be that there is some simple physical cause for your condition that can be easily remedied. If such proves not to be the case, then read and put into practice the article published on page 20 of May, 1924, *Nautilus*.



A Cozy Corner Department where everybody chats and the Recording Angel sets down what she can find room for.

William Writes to Elisabeth!

Went fishing Sunday. Beautiful day, but very windy in afternoon. Had a fine ride, but didn't get any fish big enough to save. Couldn't find a brook that wasn't crowded with fishermen. Everybody out. Have driven my Overland 1,500 miles, and nothing has gone wrong or needed adjusting, even. Joe said the oil was oozing out around the front hub caps, because the felt washers were soaked with oil. Got two new ones last night in Springfield at 10c each, and Joe put them in. He says they have to be renewed every 4 to 6 months. Joe had to get new brake linings for his new Ford. Guess I got a good car. And they have everything right in stock that you ask for. Just read in the paper how they broadcasted the song of a wild nightingale in England last night by radio. Wonderful. Bird was in Surrey, near Oxford, in a thicket. A girl played a few soft notes on a cello in a garden nearby, and the little nightingale started singing, and the girl stopped, and he (I suppose it was a he, as only the male birds sing) sang on alone. A cordon of police surrounded the thicket and kept everyone away. A microphone was hidden in the thicket and the sound relayed to London and there broadcasted over all England. *Over one million people heard it.* Think of one million people hearing one little bird sing. They are going to try it again next week and hope the radio fans in this country will be able to hear the bird. Jazz bands and music of all kinds and everything else that was being broadcasted from the distributing stations was silenced while the bird was singing.

Had a nice visit at Wee Farm Saturday afternoon with a cat and a little collie pup.

Creating a Happy Home:—

I have a friend whose sane and radiant life is such an inspiration to me that ever since she introduced me to *The Nautilus*, I have longed to tell *The Nautilus* about her.

My friend was reared in a comfortable home. Her father was a financial success, and when she herself entered the business world she succeeded also. Then she married a man whom she loved and life seemed brimming with happiness.

Her husband's salary was but little larger than her own had been, but for the first year it seemed large enough for their simple needs. However, after her first child was born she began to chafe at the money restrictions which her husband placed upon her. Accustomed as she was to easy getting and easy spending, his ideal of pinching and saving seemed sordid. His ambition seemed to extend only to the desk above his own and to a few hoarded dollars

in the bank for old age. He did not have the money-making instinct, and she began to hold his really sterling qualities in contempt.

After the birth of her second child, she found life almost unbearable. She despised housework and the endless small economies which she was forced to practice. She became nervous and fault-finding, and under her reproaches her husband, who worked very hard in spite of his lack of success, grew sullen and silent. Finally, with a feeling of self-righteous indignation and many assertions as to the independence woman owes herself, my friend decided to kick over the traces, hire a housekeeper, and take back her old position, to which she knew she would be welcomed.

At first this was to her a beautiful freedom, and she rejoiced in the wider field of activity. However, after a year and a half of business life, during which time she was able to give herself and children many small luxuries, she became strangely dissatisfied. The boy and girl were far from well, and her husband, who was really a young man and had seemed during their courtship the incarnation of hope and energy, was now a plodding, silent machine. Very often over her desk she caught herself wondering just how far their real home was from his early ideal of a home. He could not remember his mother, and often during their engagement, he had confided to her his dream of domestic happiness.

She says she does not know how long her unsettled state might have continued if a neighbor, all unconscious of the situation, had not inadvertently opened her mind to a new channel of thought. She commenced to read feverishly along New Thought lines, and deliberately to exercise her right of choice. Her present life, of her own making, was far from satisfactory. It was due to a stubborn resistance to her difficulties, not to a natural working-out of her difficulties within themselves.

She said to herself that she did love her husband and she must teach herself to respect and admire his good qualities. She must make him and her children happy, and perhaps in that way she, too, would find happiness. Certainly she had not found it in her business life.

When she told her husband she had resigned her position he looked startled and almost incredulous, then a look of puzzled relief crossed his face. When the children found their mother preparing the supper, poor, nervous little Lina burst into tears.

"Oh, mother, aren't you going to the office any more? Then I can't have that plaid dress you promised me!"

The first weeks were spent in trying to make her husband and children comfortable and happy. Her one aim was to create happiness. She put nothing—not even order and the conventional ideas of housekeeping—above happiness. She made a play of everything, and filled the home so full of love and laughter that she had no time to think of weariness. Nor did she have time to wonder whether or not her husband loved her—

she was so busy loving him and drawing him into the children's fun. She says she never applied all her faculties to any one thing as she did to this new business of home-making. Every morning she would say to herself, "My great work lies with my family," and she would send out with them, to business and to school, all the love, kindness, good-will and vigor that she could summon. Then when they had gone, she would take her hour of silence and study, and from it she rose refreshed and happy.

At first she strove simply to be a happy wife and mother, living carefully, but joyfully, within her husband's means. Gradually she began to discuss money matters with him, slowly and unconsciously leading him into a larger mental field, toward ideas of investment and ambition. But she never forced and never reproached. She merely loved and helped. And as she turned her mind in his direction once more, she was amazed at the love and sympathy that leaped forth to meet her.

They are now enjoying a modest financial success, with present comforts and future prospects. And, better yet, they are a happy, healthy family, closely bound in mutual understanding and love.—H. L. C.

Her Wonderful Healings Give Courage to Us:—

My dear Mrs. Towne: It seems I have known you a long, long time, although it is only four years. You can never know how your books and *Nautilus* have helped me. They came to me this way: I was bankrupt in health—tuberculosis, stomach trouble and various other troubles. And to add to it all, a deeply rooted and superstitious belief in a "God," a big creature far away in the sky, who was always watching my every move. Oh! the veriest heathen in China was no worse off in religion than I was. Still I was always trying to be religious and feeling that I never could be sure I was "saved" according to the doctrine of the Baptist church.

I was raised by a maiden aunt who was very religious, and she was always talking of the "unpardonable sin," the second coming of Christ and the lake of fire for those who were not saved. Nobody knows the mental torture I suffered as a child trying to be good and believe all that doctrine. I would wake up in the night sick with terror for fear Christ would come and I would not be good enough to go with Him: and I could almost "feel the scorch of the lake of fire." Being a very sensitive child, and not having anyone to confide in who understood, I kept all this to myself. So today I am trying to solve my problem and outgrow those conflicts.

The first books I received from you had a copy of "Experiences in Self-Healing." I read that book and laughed till I cried, it seemed so much like a part from my life book, at least a part of it did. And today that book is almost worn out from use. I had only had the books two weeks when the land manager of this ranch told us his wife (who was then in Mineral Wells, Texas) was not expected to live. She had flu, pneumonia and complications! I "sent my subjective" to her as you described in the book. She came home

and is alive today. I never told them about the healing, as they laugh at the idea of "mental healing."

A few months later my husband had two mares to bring colts. He took them to another ranch, and while there he lost one of the colts. He brought the other one home next day and told me it could not live as it was just like the one he lost. It was in a small lot about 100 steps from the house and I could hear its heart thump against its sides quite plain. It hurt me to see the little thing suffer, so I decided to try New Thought on it that night. My husband expected it to be dead by morning: but to his surprise, and my joy, it was very much alive next morning. It grew into a fine horse and my husband sold it later for \$135.

Two years ago my little girl, age five years, was taken quite sick. My husband had the doctor, and he came every day for five days. I had been trying to heal her by mental healing, too, but had not succeeded. The fourth day I wrote a letter to Silent Unity for help, but the letter did not get off until the next day. The fifth day I knew something had to be done at once or we would lose our baby. My husband was in the room at the time, and he does not believe in New Thought. I took the Bible and marked all the passages such as "Ask and you shall receive," etc., which took about one-half hour. Then I gave him the Bible and asked him to read them, too. I sat down by baby Charlotte and took her little hand in mine. I breathed deeply and centered my mind on her Solar Plexus, and told it, with each breath I breathed, to radiate health. I must have kept the treatment up for about two hours, and at its close she was sleeping and sweating. When I began her fever was 103, and when the doctor came it was 99. She continued to sweat and sleep that afternoon, and was soon quite well again. The doctor was surprised, as he was worried about her, and my husband told a man near us he sure thought we would lose Charlotte.

Little Charlotte could not talk at the age of three, and when she walked she would go on her toes and fall so much. We took her to Dallas, Texas, to a baby specialist. He said he could not do anything for her. I know he must have thought I was crazy when he told us that, as I did not say a word but kept on smiling. He looked as if he expected me to cry or do something. I told my husband, as we went back to the city, Charlotte would be all right. Today she is talking quite a lot, and is such a bright girl. She has not overcome the paralysis in her legs yet, but it is better. I tell everybody that by the time she is grown up, nobody will ever know there was anything the matter with her. I use your method of suggestion for her each night after we go to bed. I also study diet and hygiene and try to feed her the things she needs to grow strong and husky.

The things I like best in *Nautilus* are your Editorials, Mr. Towne's Reviews, the Landone articles and the Success Letters. Oh, yes, I was so glad you put the Sunday School Lesson in, as I have long wanted it: and it is so good in *Nautilus*. We do not have church or Sunday school way out here, so I sure appreciate it. Lovingly, your friend,—MRS. T. H. GARNER, Barnhart, Texas. S Ranch.

Catarrh, Etc.

Your blood, containing fruit acid, is the only substance that can dissolve any mucus or "paste" in your system.

Mucus-Making Foods

In its passage through the body mucus is secreted in various organs, causing disease. The effects or symptoms are then named variously according to location, but the source of the trouble is the same—fermentation, chiefly from butter, cheese, cream, fat, oil, salt, etc., when used beyond your capacity, or in wrong combinations.

100 Names for 1 Disease

Mucus causes catarrh of the eyes (conjunctivitis), of the nose (rhinitis), of the ears (otitis, deafness), of the bronchial tubes (bronchitis, asthma), of the lungs (tuberculosis), of the stomach (gastritis), of the appendix (appendicitis), of the bowels (colitis), etc.

Correct Eating Cures



Pure juice from grapefruits, without sugar, and pure tomato juice, berries, etc., when used as freely as water and combined with adequate quantities of brain-and-nerve nourishing foods with stimulative and laxative vegetables, can prepare your blood for dissolving mucus.

Fresh fruit acids clean a stomach that is suffering from mucus or acidity. Hyperacidity, acidosis, is produced by mucus from fermenting foods, just as vinegar is made from fermenting sugar, syrups and fruits. But fresh fruit acid when correctly combined is always beneficial.

Objectionable features of catarrh are expectoration, "hawking," "running nose." In a singer or speaker, a career, a life work, is ruined by a little flocculent matter on the vocal cords producing hoarseness, forfeited engagements, missed opportunities, etc. Deafness hinders advancement in business. Noises in the head make the sufferer irritable, and irrational.

Tubercular Catarrh

A deposit of mucus in lungs is often suppressed by medicine made from coal tar derivatives. The cough is sometimes quieted, but the mucus remains to form the seat of tuberculosis.

Why Envy the Live-Wire?

Mucus when present in large quantities prevents the nerves from assimilating their due nutriment. It is a cause of undue fatigue.

Stop using mucus-making foods and learn to take brain-and-nerve foods, etc. Build yourself into a go-getter, a live-wire, an untiring person, internally clean, who turns work into pleasure.

One pupil wrote: "No mucus, voice stronger, head clear as a bell, gained 20 pounds, and now earn four times as much." Educational Booklet 10 Cents. Sworn statements. Over 6,000 pupils.

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**"They shall cast their Silver and Gold in the streets,
for a man shall be more precious than Silver and Gold."**

—Isaiah.

TREAT
THY NEIGHBOR
AS
THYSELF



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INTO POLITICS, GOVERNMENT, INDUSTRY, AND HUMAN LIVES**

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